

CHICKEN STIR-FRY

Make this orange-flavored chicken to go! Fast cooking keeps chicken tender, vegetables crisp and nutritious.



- Snow peas provide vitamins A and C
- Reduced-sodium soy sauce and broth lower overall salt content
- Skinless chicken is low-fat protein

Skillet Supper



PREPARATION TIME
20 minutes plus marinating

COOKING TIME
10 minutes



SERVES 4

- ¼ cup orange juice
- 1½ tablespoons cornstarch
- 1 pound skinless, boneless chicken breasts, cut into strips
- ¾ cup reduced-sodium chicken broth
- 1½ tablespoons reduced-sodium soy sauce
- 2½ teaspoons vegetable oil
- 1 clove garlic, minced
- 1 tablespoon minced fresh ginger or 1½ teaspoons ground ginger
- 1½ cups snow peas or green beans
- 1 medium red bell pepper, cut into thin strips (about 1 cup)
- ¾ cup sliced green onion
- 1 cup frozen broccoli, thawed
- 1 medium carrot, thinly sliced
- 2 cups cooked white rice

PER SERVING: Calories 317 (14% from fat) Carbohydrates 35 g
Protein 32 g Sodium 376 mg Fat 5 g Cholesterol 66 mg

1 In a shallow glass bowl, combine orange juice and cornstarch; mix well. Stir in chicken. Cover and chill for 2 hours.

2 Drain chicken; discard juice mixture. In a small bowl, combine broth and soy sauce. Set aside.

3 In a wok or large nonstick skillet, heat oil over medium heat. Add garlic and ginger; stir-fry for 30 seconds. Add chicken; stir-fry for 3 minutes. Add vegetables; stir-fry until crisp-tender, about 5 minutes. Stir in broth mixture.

4 Place ½ cup of rice on each serving plate. Top with the chicken mixture, dividing evenly.



SHORT CUT

Use precut vegetables from the produce or salad bar section of the supermarket.

COOK'S TIPS



In recipes calling for soy sauce, choose a reduced-sodium or low-sodium version. You will save 145 to 215 milligrams of sodium per teaspoon.



To prepare fresh ginger, use a paring knife to remove the skin. Thinly slice the peeled ginger, then cut into matchstick pieces. Chop or mince as directed.



GROUP 9
TASTY POTATOES

8

CRISPY POTATO WEDGES

French fry fans will fall
for these easy oven-baked
fries—and never
miss the fat!



- Cut fat by using a minimum of oil
- Unpeeled potatoes provide twice the fiber of peeled potatoes
- Only 132 calories per serving

Money Saver!



PREPARATION TIME
10 minutes plus standing
BAKING TIME
40 minutes

SERVES 4

- 4 medium russet potatoes, cut into large wedges
- 1 tablespoon vegetable oil
- ¼ teaspoon freshly ground black pepper
- ½ teaspoon salt
- 2 cloves garlic, minced (optional)

Reduced-sodium ketchup (optional)

1 Place potatoes in a large bowl; add cold water to cover. Let stand for 15 minutes.

2 Preheat oven to 425° F. Spray a nonstick baking sheet with vegetable cooking spray. Set aside.

3 Drain potatoes in a colander. Spread on a double layer of paper towels. Cover with a second layer of paper towels. Press down on the towels to dry potatoes.

PER SERVING: Calories 132 (23% from fat) Carbohydrates 23 g Protein 3 g Sodium 77 mg Fat 3 g Cholesterol 0 mg

4 Transfer potatoes to a clean large bowl. Sprinkle with oil, pepper, and salt; toss gently to combine. Arrange seasoned potatoes in a single layer on prepared baking sheet.

5 Bake potatoes for 20 minutes. Using a spatula, turn potatoes; sprinkle with garlic. Bake until golden, about 20 minutes, turning baking sheet after 10 minutes for even browning. Serve immediately with ketchup on the side.



VARIATION

For a sweeter flavor, use sweet potatoes instead of the russet potatoes. Proceed as directed in Steps 1, 2, and 3. Add ½ teaspoon of paprika when tossing potatoes with spices in Step 4. Bake as directed in Step 5.

COOK'S TIPS



Crinkle-cut fries are especially crispy. Use a ripple-edged cutter to cut potatoes into ¼-inch-thick slices. Then cut crosswise into fries. Proceed as directed.



For a healthy dip instead of ketchup, try a ready-made salsa (look for no-salt-added brands) or plain nonfat yogurt mixed with fresh herbs.



GROUP 11
BREADS & MUFFINS

11

CRUSTY GARLIC BREAD

Serve this Italian bread, fragrant with garlic and herbs, hot from the oven—with pasta, please!



- This garlic bread calls for very little oil
- A mix of aromatic herbs adds flavor without fat
- Each serving has only 1 gram of fat

Super Quick



PREPARATION TIME
15 minutes

BAKING TIME
10 to 15 minutes

MAKES 10 SLICES

- 2 cloves garlic, minced
- 2 teaspoons olive oil
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried thyme
- 2 teaspoons chopped fresh marjoram or ¼ teaspoon dried marjoram
- ½ teaspoon paprika
- 2 tablespoons grated Parmesan cheese (optional)
- 2 small loaves (4 ounces each) Italian or French bread

1 Preheat oven to 350° F. In a small bowl, combine the garlic and oil; mix well.

2 In another small bowl, combine parsley, thyme, marjoram,

and paprika. Add Parmesan; mix well. Cut each loaf crosswise into diagonal slices, without cutting all the way through. Brush cut sides of slices with garlic oil. Sprinkle herb mixture between slices. Wrap each loaf in foil; place on a baking sheet.

3 Bake until heated through, about 10 to 15 minutes. Unwrap the loaves and place them on a breadboard or in a basket. Serve immediately.



FREEZER

Follow the recipe through Step 2, but wrap each loaf in plastic wrap and then in foil. Freeze for up to 1 month. To heat, preheat oven to 350° F. Remove foil and plastic wrap from loaves; rewrap in foil. Place on a baking sheet and bake until heated through, about 25 to 30 minutes.

PER SERVING: Calories 72 (20% from fat) Carbohydrates 12 g Protein 2 g Sodium 139 mg Fat 1 g Cholesterol 0 mg

COOK'S TIPS



For extra flavor, halve a clove of garlic. Split loaves lengthwise; rub cut sides of bread with cut sides of garlic. Brush with oil, sprinkle with herbs, and bake.



Italian bread is a great-tasting accent to meals, but can be high in sodium. Enjoy in moderation and avoid using high-sodium toppings such as garlic salt.



MOM'S BEST BROWNIES

Indulge yourself! These fabulous brownies—made with applesauce, cocoa powder, and egg whites—are almost fat-free.



- Egg whites mean lower cholesterol
- Reduce sugar by sweetening with applesauce
- 112 calories per serving

Fat Fighter



PREPARATION TIME
10 minutes plus cooling
BAKING TIME
25 minutes

MAKES 12 SQUARES

- ½ cup cake flour, sifted
- ½ cup unsweetened cocoa powder
- ¼ teaspoon salt
- 2 egg whites
- 1 large egg
- ¾ cup granulated sugar
- 6 tablespoons unsweetened applesauce
- 2 tablespoons vegetable oil
- 1½ teaspoons vanilla extract
- 1 tablespoon chopped walnuts (optional)

1 Preheat oven to 350° F. Spray an 8-inch square baking pan with vegetable cooking spray and set aside.

2 In a medium bowl, combine flour, cocoa, and salt. Mix well.

PER SERVING: Calories 112 (30% from fat) Carbohydrates 18 g Protein 2 g Sodium 60 mg Fat 4 g Cholesterol 18 mg

In a large bowl, whisk together egg whites, egg, sugar, applesauce, oil, and vanilla. Stir in flour mixture until just blended; do not overmix. Pour batter into prepared pan; sprinkle with walnuts.

3 Bake until just set and a toothpick inserted in center comes out clean, about 25 minutes.

4 Place pan on a wire rack and cool for at least 15 minutes. Cut brownies into squares and place on a serving plate.



VARIATION

For slightly chewier brownies, replace the ½ cup of cake flour with 7 tablespoons of all-purpose flour. Sifting is not necessary. Proceed with the recipe as directed. Also, instead of walnuts, try sprinkling brownie batter with chopped pecans or almonds.

COOK'S TIPS



Fruit purees, such as pear or applesauce, add sweetness and moistness to baked goods. Use one-quarter of the oil called for, and substitute puree for the rest.

For extra-easy cleanup, line an 8-inch square baking pan with a large sheet of waxed paper, letting paper overhang the edges of the pan by 1 inch, before pouring in the brownie batter. Spraying the pan with vegetable cooking spray is not necessary.

Bake and cool brownies as directed, then simply lift them out of the pan by grasping the edges of the waxed paper.

ALL-AMERICAN APPLE PIE

Plump raisins and juicy apple slices fill this pretty pie with wholesome, down-home goodness.



- Apples lend fiber, vitamins, and minerals to this dessert
- Raisins provide a good source of iron
- This pie is low in fat

Old Favorite



PREPARATION TIME
20 minutes plus cooling
BAKING TIME
35 to 40 minutes

MAKES 10 SLICES

- ¼ cup packed light brown sugar
- ¼ cup granulated sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon grated lemon peel
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 6 medium baking apples, peeled, cored, and thinly sliced (about 2 pounds)
- 1 cup dark raisins
- 1 unbaked, ready-made 9-inch piecrust

FOR THE GLAZE

- 1 large egg, beaten (optional)
- 1 teaspoon granulated sugar (optional)

1 Preheat oven to 425° F. Spray a 9-inch deep-dish pie plate with vegetable cooking spray.

2 In a large bowl, combine brown sugar, granulated sugar, flour, lemon peel, cinnamon, and nutmeg. Mix well.

3 Add apples to sugar mixture; stir until coated. Stir in raisins. Spoon into prepared plate.

4 Place piecrust on top of filling. Trim edges, pressing against edge of pan. Using a sharp knife, cut steam vents in piecrust. To glaze, lightly brush piecrust with beaten egg. Sprinkle with sugar.

5 Bake until piecrust is golden brown, about 35 to 40 minutes. Place on a wire rack and cool for 30 minutes. Serve warm.



VARIATION

For a subtle but delicious change, replace the cinnamon with ground cardamom.

COOK'S TIPS

When choosing apples for pies, it's best to use tart, slightly acidic varieties that will hold their shape during baking. Good choices include Granny Smith, Jonathan, McIntosh, Newtown Pippin, Northern Spy, Winesap, Gravenstein, or York Imperial.

Always store apples in the coldest part of the refrigerator. If left at room temperature, they will deteriorate more quickly.



Use a cardboard stencil to make pastry cut-outs to decorate the pie. Place the stencil over the rolled-out dough, cut out shapes, and attach to piecrust.

PER SERVING: Calories 226 (24% from fat) Carbohydrates 43 g Protein 1 g Sodium 111 mg Fat 6 g Cholesterol 6 mg

STRAWBERRY SHORTCAKE

Berries burst with the flavor of a sunny June day. And these biscuits, made from scratch, are as fast as a mix.



- Fresh berries give a boost of fiber
- Delicious nonfat yogurt replaces heavy whipped cream
- Good source of vitamin C

Scrumptious!



PREPARATION TIME

20 minutes

BAKING TIME

12 to 15 minutes

STRAWBERRY SHORTCAKE • *Healthy Meals in Minutes™*

SERVES 8

- 1½ cups all-purpose flour
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon grated orange peel
- 3 tablespoons unsalted butter or margarine, cut into pieces
- ¾ cup skim milk

FOR THE FILLING

- 2 pints fresh strawberries, sliced
- 1 tablespoon orange juice
- 1 tablespoon granulated sugar
- Vanilla nonfat yogurt and mint leaves for garnish

1 Preheat oven to 450° F. Spray a baking sheet with vegetable cooking spray. Set aside.

2 In a large bowl, sift together the flour, sugar, and baking powder. Stir in the orange peel.

PER SERVING: Calories 216 (21% from fat) Carbohydrates 38 g Protein 6 g Sodium 217 mg Fat 5 g Cholesterol 13 mg

Using a pastry blender or 2 knives, cut the butter into the flour mixture until coarse crumbs form. Quickly stir in the milk until a soft dough forms.

3 On a lightly floured surface, roll out dough to a ¼-inch thickness. Using a 2½-inch biscuit cutter, cut out biscuits. Gather trimmings, re-roll, and cut out more biscuits. Place on prepared baking sheet. Bake until golden, about 12 to 15 minutes. Place biscuits on a wire rack and cool slightly.

4 To prepare filling, in a large bowl, combine strawberries, orange juice, and sugar. Mix well.

5 Split warm biscuits in half horizontally. Place bottom halves on serving plates. Top each with some filling. Cover with biscuit tops. Serve with remaining filling; garnish with yogurt and mint.

COOK'S TIPS



A *pastry blender* is good for working fat into flour. The U-shaped wires evenly distribute the cold fat until coarse crumbs form, resulting in a flaky dough.



Use a *floured rolling pin* to roll out biscuits. For high biscuits, roll dough to ¼-inch thickness. For thinner, crustier biscuits, roll dough to ⅛-inch thickness.



SUNNY FRUIT FIESTA

Treat yourself to a delightful mixture of fresh fruit and juices. It's as light and easy as a day in the sun.



- This is a cholesterol-free recipe
- Melon, especially cantaloupe, is high in vitamin A
- Citrus juice adds a shot of vitamin C

Light & Easy



PREPARATION TIME
20 minutes plus chilling

SERVES 6

- 1 cantaloupe melon, halved and seeded
- ½ honeydew melon, seeded
- ¼ cup superfine or granulated sugar
- ¼ cup fresh lime juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon orange-flavored liqueur (optional)
- 1½ teaspoons grated lime peel
- 1 cup sliced fresh strawberries
- 1 cup black or red seedless grapes

1 Using a melon baller, scoop flesh from cantaloupe and honeydew into balls; set aside.

2 In a large glass or ceramic bowl, combine the sugar, lime juice, lemon juice, orange liqueur, and lime peel. Stir well to dissolve

sugar. Add the cantaloupe and honeydew balls, strawberries, and grapes. Toss gently to combine.

3 Cover the bowl with plastic wrap and refrigerate for at least 1 hour to blend flavors, stirring once or twice.

4 Spoon the fruit mixture into serving bowls or hollowed-out melon halves, dividing evenly. Serve immediately.



VARIAION

For a tropical fruit version, substitute kiwi slices, pineapple chunks, papaya slices, or mango cubes for some of the melon balls. Add a little grated fresh ginger or ground ginger. A dash of coconut extract would also make an intriguing addition. Try serving this version in a hollowed-out pineapple half.

COOK'S TIPS

A perfectly ripe cantaloupe will have a sweet, fresh fragrance. It should feel heavy for its size and give slightly at both ends when gently pressed. If the cantaloupe is soft, yellowing, or feels wet at the stem end, pass it by.

To ripen a hard cantaloupe, store it in a warm place for several days, away from sunlight. Once it is ripe, refrigerate and use within a week.



For a melon basket, use a non-toxic marker to draw a zigzag pattern on melon. Cut deeply into fruit along pattern, separate halves, seed, and fill with fruit.

PER SERVING: Calories 105 (3% from fat) Carbohydrates 27 g Protein 1 g Sodium 19 mg Fat 1 g Cholesterol 0 g

CINNAMON FRENCH TOAST

For a weekend treat, serve this low-fat French toast with reduced-calorie syrup and cinnamon sugar. Fresh fruit helps keep it light.



- Skip some of the yolks to cut cholesterol
- French or Italian bread is low in fat
- Calorie count is low—only 175 per serving

Sunday Special



PREPARATION TIME
10 minutes

COOKING TIME
10 minutes



SERVES 4

- 1 large egg
- 2 egg whites
- ¼ cup skim milk
- ½ teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- 8 1-inch-thick diagonally cut slices French or Italian bread
- Cinnamon sugar and reduced-calorie maple syrup (optional)

1 In a shallow bowl, using a wire whisk or a fork, beat the egg and egg whites until foamy. Add the milk, vanilla, cinnamon, and nutmeg. Beat well; set aside.

2 Preheat the oven to 200° F. Lightly spray a large nonstick skillet with vegetable cooking spray; heat over medium heat. Dip 4 of the bread slices into the egg mix-

ture, turning to coat and draining excess back into the dish.

3 Place bread slices in prepared skillet. Cook until golden brown, turning once, about 1 to 2 minutes per side.

4 Transfer cooked slices to a plate; keep warm in oven. Dip remaining slices in egg mixture; cook as directed. Spray skillet with vegetable cooking spray as needed.

5 Divide French toast among serving plates. Sprinkle lightly with cinnamon sugar and top with maple syrup. Serve immediately.



VARIATION

For puffy French toast, prepare egg mixture in a large, shallow glass dish. Add bread slices, turning to coat. Cover and refrigerate overnight. Cook and serve as directed.

Per Serving: Calories 175 (18% from fat) **Carbohydrates** 8 g
Protein 9 g **Sodium** 350 mg **Fat** 4 g **Cholesterol** 53 mg

COOK'S TIPS



Any type of bread works well in this recipe. Experiment with slices of cinnamon-raisin bread or whole-wheat bread. Try all-fruit preserves as a topping.



A wire whisk is good for blending mixtures that need to be smooth or whipped. Use a bowl that is sufficiently large enough for the whisk to move freely.

10-6
mon-Fri

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BLESSED THISTLE - Takes oxygen to brain, digestion, increases mother's milk	10.65
BURDOCK - Reduces swelling and deposits in joints, blood cleanser, gout, eczema	11.65
BUTCHER'S BROOM - Improves circulation, phlebitis, leg cramps, varicose veins	12.55
CAPSICUM - Circulation, strokes, blood pressure equalizer, colds	9.55
CASCARA SAGRADA - Constipation, increases peristaltic action, gall bladder	10.80
CATNIP - Colic, nerves, colds, flu, digestion (nature's alka seltzer), gas, hiccups	9.55
CHAMOMILE - Insomnia, improves appetite, nerves, calming, drug withdrawal	10.00
CHARCOAL - Antidote for poison, intestinal gas, hangover, insect bites and stings	13.65
CHICKWEED - Appetite depressant, burns fat, fatty tumors	14.40
CORNSILK - Kidney, bladder, bedwetting, painful urination, prostate	11.70
DAMIANA - Hormone balance, infertility, frigidity and impotence, balance energy	10.45
DANDELION - Anemia, liver, blood cleanser, age spots, hepatitis	10.20
DONG QUAI - Hot flashes, hormone balance, nerves, brain nourisher	19.20
ECHINACEA (50) - Natural antibiotic, lymph system, blood purifier/builder, immune system	13.20
EYEBRIGHT - Improve vision, eye strain, cataracts, allergies, styes	15.70
* FEVERFEW - Migraine headaches, muscular tension, intestinal worms	11.20/19.20
GARLIC - Normalizes blood pressure, yeast and bacterial infections, colds, cell builder	10.20
GARLIC/HIGH POTENCY, Enteric Coated - All the benefits without the odor	25.20
GINGER - Digestion, gas, diarrhea, motion and morning sickness, flu	10.45
GINSENG - Energy, stress, endurance, depression, impotency/stimulant	11.70/ 20.70/24.90
GOLDEN SEAL - Infection, natural insulin, cleanses urinary system	(50)17.95/31.20
* GOTU KOLA - Brain food, memory, learning disabilities, vitality, senility, "feel good"	12.55/20.00
GUGGUL LIPID - Circulatory system, lower cholesterol	31.20
HAWTHORN BERRIES - Strengthen heart, hardening of the arteries, adrenals, blood pressure	10.00
HOPS - Insomnia, nervousness, decrease desire for alcohol, hyperactivity	9.90
HORSETAIL - Helps stop hair from falling out, stops split ends, nails, tumors	10.95
HYDRANGEA - Arthritis, gout, kidney and bladder problems, dissolves stones	8.70
JUNIPER BERRIES - Restores pancreas and adrenals, diuretic, dropsy, uric acid	11.00
KAVA KAVA - Reduce anxiety & depression, reduce pain, relax muscles, sleep aid	23.70
KELP - Thyroid, fingernails, goiter, helps take fat off hips, complexion	10.20
* LICORICE - Adjusts blood sugar, hypoglycemia, quick energy, hoarseness, adrenals	10.20/16.20
LOBELIA - Asthma, congestion, pneumonia, strong relaxant, pleurisy, cough	10.10
MARSHMALLOW - Bladder and kidney problems, bedwetting, inflammation	11.40
MULLEIN - Nervous cough, lung and sinus congestion, TB, lymphatic congestion	10.80
NOPAL - Normalizes blood sugar, improves immunity, strengthens urinary system, poultice	11.70
PARSLEY - Bad breath, blood building, high in potassium, kidneys, diuretic	8.95
PARTHENIUM - Antibiotic, lymph/blood purifier, similar to echinacea, immune system	10.95
PASSION FLOWER - Relaxing, helps nervousness, insomnia, headaches	10.20
PAU D'ARCO - Historically used for cancer, leukemia, tumors, yeast infection	12.10/32.35
PSYLLIUM HULLS - Scrubs colon, best fiber, diverticulitis, colon blockage	9.90
RED CLOVER - Cancer, tumors, skin problems, relaxes nerves, spasms	13.20
RED RASPBERRY - The pregnancy herb, nausea, diarrhea, gastritis, cramps	12.55

*Concentrated formulas available

ROSE HIPS - Natural vitamin C-complex, colds, infections, blood purifier, flu	9.55
SAFFLOWERS - Gout, hydrochloric acid for digestion, reduces cholesterol	9.55
SAGE - Stimulates hair growth, improves memory, sore gums and throat, nerves,	11.00
SARSAPARILLA - Testosterone, body building, impotency, hair growth	10.80
SAW PALMETTO - Prostate, breast builder (small or saggy), colds, clears mucus, glands	14.80
SLIPPERY ELM - Diarrhea, acid stomach, digestion, diaper rash, hiatal hernia, ulcers	10.90
SPIRULINA - High source of protein, energy, weight loss, blood builder	16.45
ST. JOHN'S WORT , Concentrate - Anti-depressant, stress, relaxant	26.40
UVA URSI - Spleen, bladder and kidney infections, diabetes; gonorrhea, cystitis	11.10
VALERIAN - Natural tranquilizer, pain, muscle spasms, nerves, promotes sleep	10.80
WHITE OAK BARK - Hemorrhoids and bleeding, varicose veins, pyorrhea, pinworms	10.10
WILD YAM - Female glandular tonic, anti-inflammatory, anti-fungal	11.70
YARROW - Obstructed perspiration, nosebleeds, chicken pox, colds/flu/fever	9.90
YELLOW DOCK - Anemia, blood purifier, itching, liver, skin problems, hepatitis	9.90
YUCCA - Natural cortisone, arthritis, reduces joint inflammation, skin problems	12.55

HERB COMBINATIONS

These herb food formulas are composed of two or more herbs to aid a certain system. All symptoms (as reported by doctors) should be considered nutritional deficiencies of the mentioned system.

AG-X - Gas, indigestion and bloating formula, DIGESTIVE SYSTEM	13.00
ALJ - Lung and sinus congestion, allergies, cough, RESPIRATORY SYSTEM	11.65
APSII - Herbal aspirin, pain, muscle relaxant, headaches, pain & tension, NERVOUS SYSTEM	13.20
ARTEMISIA - Powerful anti-parasite combination, IMMUNE SYSTEM	13.20
BLG-X - Gas, liver, gall bladder, pancreas, spleen, dizziness, DIGESTIVE SYSTEM	14.00
BP-X - Blood purifier, poison ivy/oak, acne, psoriasis, skin, CIRCULATORY SYSTEM	12.55/20.10
BON-C - Bone healer, wound healer, poultice, SKELETAL SYSTEM	11.95
BRN-AV - Exceptional support for asthma & bronchitis, RESPIRATORY SYSTEM	21.15
C-X - Natural hormone replacement & balancing, menopause, hot flashes, GLANDULAR	13.20
CA, HERBAL - Calcium for building nerve sheaths, bones, teeth, cartilage, SKELETAL	13.10/20.40
CAPSICUM/GARLIC/PARSLEY - High blood pressure, cholesterol, CIRCULATORY	11.95
CC-A - Cold, flu, muscle aches, nausea, vomiting, fever, chills, IMMUNE SYSTEM	15.10
CLT-X - Colitis, irritable colon, digestion, diarrhea, INTESTINAL SYSTEM	12.45
CRANBERRY/BUCHU - Kidney/bladder infections, nourishes the URINARY SYSTEM	20.40
E-TEA - Historically used for cancer, tumors & fibroids, ESSIAC formula, IMMUNE SYSTEM	25.20
EIGHT - Reduces nervous tension, anxiety, stress, restores NERVOUS SYSTEM	12.85/19.20
ELDERBERRY COMBO - Respiratory, colds, moves excess mucus, IMMUNE SYSTEM	21.55
ELECAMPANE COMBINATION - Expels parasites, kills bacteria and fungus	12.90
ENERG-V - A synergistic combination of all the herbs for ENERGY	17.00
ENVIRO-DETOX - Detoxifies system of drugs, air, food, chemicals, IMMUNE	16.20
EYEBRIGHT PLUS LUTEIN - Strengthens the eyes, prevents macular degeneration	22.20
EW - Eye infection, improves vision, cataracts (make eye wash), glaucoma, EYES	19.20
FW/DONG QUAI - Menstrual problems, cramps, uterus, GLANDULAR SYSTEM	14.00
FENUGREEK & THYME - Sinus headaches, dissolves mucus, RESPIRATORY	10.45
FOUR - Asthma, bronchial, food allergies, laryngitis, RESPIRATORY SYSTEM	14.20
FV - Flu, headaches, vomiting, nausea, motion sickness, IMMUNE SYSTEM	15.75
GGC - Energy and endurance, relieves depression, improves memory, BUILDER	16.65
GINKGO/GOTU KOLA - Attention span, memory, brain food, mental energy	32.80
GINKGO/HAWTHORN - Brain, heart, ringing in ears, vertigo, CIRCULATORY	11.80
HERBAL H-P FIGHTER - Inhibits ulcer causing H.pylori bacteria growth, INTESTINAL	22.20
HERBAL PUMPKIN - Parasites, tumors, (prostate w/PX) INTESTINAL	14.00
HSII - Strengthens and feeds the heart, cleanses blood vessels, CIRCULATORY	12.40
HVP - Promotes natural sleep, relaxant, stress, muscle tension, NERVOUS SYSTEM	12.30/19.80
HY-A - Hypoglycemia, adrenal, rebuilder, energy, mood & blood sugar swings, GLANDULAR	14.70
IGSII - Fights infections esp. in respiratory & lymphatic, fever, swollen glands. (HIGS or IN-X)	14.70
I-X - Aids iron absorption, anemia, fatigue, styes, BUILDER	9.75
JNT-A - Arthritis, joint stiffness, bursitis, gout, SKELETAL SYSTEM	17.80/28.20
JP-X - Kidney and bladder infection, strengthen & cleanses kidney / bladder, URINARY	15.10
K - Bladder and kidney problems, bedwetting, strengthens entire URINARY SYSTEM	12.40/19.20
KUDZU/ST JOHN'S WORT - Stop cravings for alcohol, relaxant, NERVOUS SYSTEM	26.70
LBSII - Stool softener, constipation, bad breath, cleanses INTESTINAL SYSTEM	14.25
LH - Corrects problems in lungs and bronchials (add ALJ), RESPIRATORY SYSTEM	11.70
LIV-A - Blood detox, cleanses & strengthens gallbladder, spleen, LIVER	14.95
LOBELIA/ST. JOHN'S WORT - Stop craving for tobacco, anti-depressant.	21.55
MARSHMALLOW FENUGREEK - Expels lung mucus, emphysema, RESPIRATORY	13.00
MARSHMALLOW & PEPSIN - Cleans intestines for better food absorption, INTESTINAL	11.25
MEN'S FORMULA - Prostate inflammation and swelling, improves urinary function	28.90
MORINDA - Strengthens six systems at cellular level, skin health, painful joints, hernias	23.95
NBS-AV - Normalize blood sugar (esp. for diabetes, hypoglycemia & weight loss)	21.15
P-14 - Blood sugar problems, diabetes, rebuilds & strengthens PANCREAS (or PBS)	17.70
PAPAYA MINT - Indigestion, gas, heartburn, enzymes for DIGESTIVE SYSTEM	10.20
PLS II - Hiatal hernia, internal & external wounds, ulcers, ALL SYSTEMS	16.20
PS II - Prostate problems (Alt. with P-X), URINARY SYSTEM	12.15
RE-X - Anxiety, hyperactivity, insomnia, nervous breakdown, stress, NERVOUS SYSTEM	11.70
SC (SHARK CARTILAGE) - Cancer, arthritic joints, psoriasis, cleanser, IMMUNE SYSTEM	36.55
SENNA COMBINATION - Chronic constipation, stubborn bowels, INTESTINAL SYSTEM	14.10

(Combinations continued on back page)

HERBAL WEIGHT LOSS

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- SPIRULINA - Stop snacking 16.45
- LICORICE ROOT - Regulate blood sugar, activate adrenals 10.20
- APPETITE CONTROL 10.15



- Inhibits production and storage of fats
- Reduces appetite
- Provides energy
- Contains L-Carnitine and Chromium to reduce cellulite...\$38.35

FAT METABOLIZERS

- FAT GRABBERS - Absorb fats 20.95
- L-CARNITINE - Reduce cellulite 16.20
- GARCINIA COMBINATION - Keeps carbs from turning to fat, reduces appetite .26.25
- CHROMIUM - Burn fat, not muscle ...7.95
- NIACIN (add kelp) - Reduce cellulite .8.70
- CALOR - Metabolic stimulant 10.15

ADD TO THE ABOVE PLANS OR DESIGN YOUR OWN

- * SF - Body cleanser, boosts energy, balances blood sugar, digestion, reduces tension, reduces food cravings, relieves water retention, expels worms. dissolves fat (SF Tea w/Garcinia 18.00)..... 16.10
- KC-X - (or Target TSII 25.95) - Strengthens thyroid to increase metabolism 11.95
- TIAO HE CLEANSE or LBSII - Clean the colon first, rid the body of metabolic wastes 28.95
- AS - Keeps sugar from being absorbed, inhibits carbohydrate conversion to fat, cravings 17.00
- K-C - Chinese combination for water retention (add B6 if severe) 13.65

THE GLANDIET - What is your body type?

- TYPE A - (Adrenal) Removes fat in shoulders, chest 7.70
- TYPE G - (Gonadal) Takes fat off hips, thighs, buttocks 7.70
- TYPE P - (Pituitary) Helps remove all-over body fat 7.70
- TYPE T - (Thyroid) Removes pot belly, "spare tire" 7.70

FROM JOGGERS TO BODY BUILDERS

- BODY PREP - Pre-work out drink to help improve length & quality of workout. 21.95
- MUSCLE TONE - Drink mix w/creatine, free aminos, no animal protein, tones & builds 35.70
- RECOVERY - Post-work out drink to aid recovery and fatigue 19.50
- SPORTS ANTIOXIDANTS - Combats free radicals, anti-aging, builds immune system 23.70
- FREE AMINO ACIDS w/MAGNESIUM & L-CARNITINE - Muscle tone, strength & endurance 19.25
- NATURE'S CHI - For super energy, stamina, no doze, builder 23.55
- EXERCISE (Homeopathic) - Energy, vitality, stamina during and after exercise 10.15
- SYNERPROTEIN - Protein drink for greater muscle mass 19.55
- GTF CHROMIUM - Increases overall muscle strength and size 7.95
- L-CARNITINE - Burns up fat in muscles, heart & liver. Energy/Endurance 16.20
- TARGET ENDURANCE - Targets mitochondria of muscle cells to increase energy and stamina 20.30
- COQ10 PLUS - For that essential "quick release of energy from deep within" 22.30
- FITNESS PLUS - Herb combination to support body during physical stress, endurance 11.70
- SUMA - "For Everything," physical stress, stamina, cancer, immune, repair 13.60
- PDA - Enzyme to aid digestion for those on a high protein diet 15.45
- SARSAPARILLA - Testosterone, body building, impotency, hair growth, builder 10.80
- SAFFLOWERS - Reduces buildup of uric & lactic acid, alleviates fatigue & muscle cramps 9.55
- SPRAINS & PULLS (Homeopathic) - Temporary relief of pain, stiffness, inflammation 10.15
- TEI FU MASSAGE LOTION - Deep penetrating solution soothes aching muscles & stiff joints 12.55

CHILDREN AND BABIES NEED HERBS, TOO

- CHEWABLE MULTIPLE VITAMINS 14.00
- ANTIOXIDANT W/GRAPINE - Immune, ADD 18.10
- CHEWABLE BIFIDOPHILUS FOR KIDS 15.50
- CHEWABLE ELDERBERRY PLUS - Colds 13.20
- CALCIUM FOR KIDS - Bones, teeth 15.50
- LIQUID MULTIPLE VITAMINS plus IRON 13.65
- ORCHARD ESSENTIALS (Chewable) 22.25
- SUNSHINE DAILY ESSENTIALS (30 day) 21.90
- CATNIP & FENNEL - Colic, gas, fever 16.20
- LB EXTRACT - Constipation 10.60
- GOLDEN SEAL/ECHINACEA - Infections 18.90
- GOLDEN SEAL/PARTHENIUM EXTRACT 17.80
- LOBELIA ESSENCE - Teething, earache 9.90
- PAU D'ARCO LOTION - Diaper rash 10.20
- CALMING (Homeopathic) 10.15
- COLD/FEVER (Homeopathic) each 10.15
- COLIC (Homeopathic) 10.15
- COUGH SYRUP (Homeopathic) 10.15
- EARACHE (Homeopathic) 10.15
- TEETHING (Homeopathic) 10.15
- SLIPPERY ELM - Diarrhea 10.90
- GARLIC OIL - Insect bites, earache 8.00
- CBG EXTRACT - Colds, earaches 16.65
- CC-A W/YERBA SANTA - Colds 14.95

Not just for kids! Adults can chew their way to health, too.

ROSE HIPS - Natural vitamin C-complex, colds, infections, blood purifier, flu	9.55
SAFFLOWERS - Gout, hydrochloric acid for digestion, reduces cholesterol	9.55
SAGE - Stimulates hair growth, improves memory, sore gums and throat, nerves,	11.00
SARSAPARILLA - Testosterone, body building, impotency, hair growth	10.80
SAW PALMETTO - Prostate, breast builder (small or saggy), colds, clears mucus, glands	14.80
SLIPPERY ELM - Diarrhea, acid stomach, digestion, diaper rash, hiatal hernia, ulcers	10.90
SPIRULINA - High source of protein, energy, weight loss, blood builder	16.45
ST. JOHN'S WORT , Concentrate - Anti-depressant, stress, relaxant	26.40
UVA URSI - Spleen, bladder and kidney infections, diabetes; gonorrhea, cystitis	11.10
VALERIAN - Natural tranquilizer, pain, muscle spasms, nerves, promotes sleep	10.80
WHITE OAK BARK - Hemorrhoids and bleeding, varicose veins, pyorrhea, pinworms	10.10
WILD YAM - Female glandular tonic, anti-inflammatory, anti-fungal	11.70
YARROW - Obstructed perspiration, nosebleeds, chicken pox, colds/flu/fever	9.90
YELLOW DOCK - Anemia, blood purifier, itching, liver, skin problems, hepatitis	9.90
YUCCA - Natural cortisone, arthritis, reduces joint inflammation, skin problems	12.55

HERB COMBINATIONS

These herb food formulas are composed of two or more herbs to aid a certain system. All symptoms (as reported by doctors) should be considered nutritional deficiencies of the mentioned system.

AG-X - Gas, indigestion and bloating formula, DIGESTIVE SYSTEM	13.00
ALJ - Lung and sinus congestion, allergies, cough, RESPIRATORY SYSTEM	11.65
APSI - Herbal aspirin, pain, muscle relaxant, headaches, pain & tension, NERVOUS SYSTEM	13.20
ARTEMISIA - Powerful anti-parasite combination, IMMUNE SYSTEM	13.20
BLG-X - Gas, liver, gall bladder, pancreas, spleen, dizziness, DIGESTIVE SYSTEM	14.00
* BP-X - Blood purifier, poison ivy/oak, acne, psoriasis, skin, CIRCULATORY SYSTEM	12.55/20.10
BON-C - Bone healer, wound healer, poultice, SKELETAL SYSTEM	11.95
BRN-AV - Exceptional support for asthma & bronchitis, RESPIRATORY SYSTEM	21.15
C-X - Natural hormone replacement & balancing, menopause, hot flashes, GLANDULAR	13.20
* CA, HERBAL - Calcium for building nerve sheaths, bones, teeth, cartilage, SKELETAL	13.10/20.40
CAPSICUM/GARLIC/PARSLEY - High blood pressure, cholesterol, CIRCULATORY	11.95
CC-A - Cold, flu, muscle aches, nausea, vomiting, fever, chills, IMMUNE SYSTEM	15.10
CLT-X - Colitis, irritable colon, digestion, diarrhea, INTESTINAL SYSTEM	12.45
CRANBERRY/BUCHU - Kidney/bladder infections, nourishes the URINARY SYSTEM	20.40
E-TEA - Historically used for cancer, tumors & fibroids, ESSIAC formula, IMMUNE SYSTEM	25.20
* EIGHT - Reduces nervous tension, anxiety, stress, restores NERVOUS SYSTEM	12.85/19.20
ELDERBERRY COMBO - Respiratory, colds, moves excess mucus, IMMUNE SYSTEM	21.55
ELECAMPANE COMBINATION - Expels parasites, kills bacteria and fungus	12.90
ENERG-V - A synergistic combination of all the herbs for ENERGY	17.00
ENVIRO-DETOX - Detoxifies system of drugs, air, food, chemicals, IMMUNE	16.20
EYEBRIGHT PLUS LUTEIN - Strengthens the eyes, prevents macular degeneration	22.20
EW - Eye infection, improves vision, cataracts (make eye wash), glaucoma, EYES	19.20
FC W/DONG QUAI - Menstrual problems, cramps, uterus, GLANDULAR SYSTEM	14.00
FENUGREEK & THYME - Sinus headaches, dissolves mucus, RESPIRATORY	10.45
FOUR - Asthma, bronchial, food allergies, laryngitis, RESPIRATORY SYSTEM	14.20
FV - Flu, headaches, vomiting, nausea, motion sickness, IMMUNE SYSTEM	15.75
GGC - Energy and endurance, relieves depression, improves memory, BUILDER	16.65
GINKGO/GOTU KOLA - Attention span, memory, brain food, mental energy	32.80
GINKGO/HAWTHORN - Brain, heart, ringing in ears, vertigo, CIRCULATORY	11.80
HERBAL H-P FIGHTER - Inhibits ulcer causing H.pylori bacteria growth, INTESTINAL	22.20
HERBAL PUMPKIN - Parasites, tumors, (prostate w/PX) INTESTINAL	14.00
HSII - Strengthens and feeds the heart, cleanses blood vessels, CIRCULATORY	12.40
* HVP - Promotes natural sleep, relaxant, stress, muscle tension, NERVOUS SYSTEM	12.30/19.80
HY-A - Hypoglycemia, adrenal, rebuild, energy, mood & blood sugar swings, GLANDULAR	14.70
IGSI - Fights infections esp. in respiratory & lymphatic, fever, swollen glands. (HIGS or IN-X)	14.70
I-X - Aids iron absorption, anemia, fatigue, styes, BUILDER	9.75
JNT-A - Arthritis, joint stiffness, bursitis, gout, SKELETAL SYSTEM	17.80/28.20
JP-X - Kidney and bladder infection, strengthen & cleanses kidney / bladder, URINARY	15.10
* K - Bladder and kidney problems, bedwetting, strengthens entire URINARY SYSTEM	12.40/19.20
KUDZU/ST JOHN'S WORT - Stop cravings for alcohol, relaxant, NERVOUS SYSTEM	26.70
LBSII - Stool softener, constipation, bad breath, cleanses INTESTINAL SYSTEM	14.25
LH - Corrects problems in lungs and bronchials (add ALJ), RESPIRATORY SYSTEM	11.70
LIV-A - Blood detox, cleanses & strengthens gallbladder, spleen, LIVER	14.95
LOBELIA/ST. JOHN'S WORT - Stop craving for tobacco, anti-depressant	21.55
MARSHMALLOW FENUGREEK - Expels lung mucus, emphysema, RESPIRATORY	13.00
MARSHMALLOW & PEPSIN - Cleans intestines for better food absorption, INTESTINAL	11.25
MEN'S FORMULA - Prostate inflammation and swelling, improves urinary function	28.90
MORINDA - Strengthens six systems at cellular level, skin health, painful joints, hernias	23.95
NBS-AV - Normalize blood sugar (esp. for diabetes, hypoglycemia & weight loss)	21.15
P-14 - Blood sugar problems, diabetes, rebuilds & strengthens PANCREAS (or PBS)	17.70
PAPAYA MINT - Indigestion, gas, heartburn, enzymes for DIGESTIVE SYSTEM	10.20
PLS II - Hiatal hernia, internal & external wounds, ulcers, ALL SYSTEMS	16.20
PS II - Prostate problems (Alt. with P-X), URINARY SYSTEM	12.15
RE-X - Anxiety, hyperactivity, insomnia, nervous breakdown, stress, NERVOUS SYSTEM	11.70
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SENNA COMBINATION - Chronic constipation, stubborn bowels, INTESTINAL SYSTEM	14.10

(Combinations continued on back page)

SYSTEMS HEALING

- ☐ Build your energy for optimal healing.
- ☐ Cleanse (colon, etc.) while working on your weakest system(s)

ENERGY - *feel better!*

ENERG-V - Combination of energy herbs	17.00	GGC - Physical & mental energy	16.65
NATURE'S CHI - Super energy, no-doze	23.55	SUMA - Adaptogenic energy combo	13.60
X-A - Sex drive & stimulant	17.70	GINGO/GOTU KOLA - Feed brain, ADD ...	32.80
SUPER ALGAE - Nutrition & energy	32.70	FATIGUE/EXHAUSTION - Homeopathic ...	10.15
ENERG-V PACK - Great program	37.95	BEE POLLEN - Nutritive energy	12.55

See single herbs: Ginseng, Gotu Kola, Licorice, Barley Juice Powder, Alfalfa, Spirulina

COLON & INTESTINAL - *balance and cleanse!*

TIAO HE CLEANSE - Cleanse entire body ...	28.95	ACTIVATED CHARCOAL - Gas, poisons ...	13.65
LBSII - Stool softener, constipation, cleanser ..	14.25	ARTEMISIA COMBO - Parasites	13.20
SENNA COMBINATION - Strong laxative ...	14.10	CLT-X - Colitis, irritable bowel, diarrhea ...	12.45
SPECIAL FORMULA - Detoxifies body	15.90	LB-X - Clean colon	15.55
BOWEL BUILD - Cleanses, strengthens ...	19.30	UC3-J - Colitis, hiatal hernia, crohn's ...	9.45
HERBAL PUMPKIN - Parasite combo	14.00	DETOXIFICATION - Homeopathic	10.15
ENVIRO-DETOX - Environmental detox	16.20	PARA-CLEANSE - Parasite program	20.40

See single herbs: Cascara Sagrada, Psyllium Hulls or Seeds, Black Walnut, Bifidophilus

NERVOUS SYSTEM - *stressed or not sleeping?*

* EIGHT - Rebuilds nervous system, anxiety ...	12.85	APSII - Herbal aspirin, tension	13.20
RE-X - Stress, holding too much in	11.70	STRESS PACK - With Nutri-calm	29.95
STR-J - Stress, nervous stomach, ulcers ...	12.45	* HVP - Promotes sleep, restlessness	12.30
STR-C - Stress, palpitations, blood pressure ..	19.20	NUTRI-CALM - Stress formula with B vit ...	27.60
AD-C - Improves vitality, sagging spirits	17.70	DISTRESS FLOWER REMEDY	10.15

See single herbs: Hops, Valerian, Kava Kava, Feverfew, Chamomile, Catnip, St. John's Wort, Ginger

GLANDULAR - *healthy sex drive, menopause, PMS, Prostate*

HERBS FOR LOVERS!

HERBS FOR WOMEN

X-A - Sex rejuvenator and stimulant, libido, normalizes hormones for men and women, fatigue	17.70
C-X - Estrogen replacement, low sex drive ...	13.20
FC W/DONG QUAI - Cramps, PMS	14.00
NATURAL CHANGES - Menopause program.	35.25
DAMIANA - Infertility, frigidity, menopause ...	10.45
NF-X - Serious problems, heavy flow	22.20
MONTHLY MAINTENANCE - PMS, etc.	23.20
DHEA-F - Menopause, anti-aging	29.70
FEMININE TONIC - Increase libido	10.15
PRO-G-YAM CREAM - Menopause, PMS ...	29.70
PHYTO-SOY - Menopause, osteoporosis ...	20.70
MENOPAUSE - Homeopathic	10.15

See single herbs: Black Cohosh, Dong Quai, Red Raspberry, Wild Yam, Ginseng, Evening Primrose

For best glandular results (hormones, thyroid, adrenals, etc.) add MasterGland, Target TSII, Three, or Alfalfa

PANCREAS AND ADRENALS - *blood sugar/exhaustion*

HY-A - Hypoglycemia, strengthen adrenals ...	14.70	P-14 - Herbal diabetic formula	17.70
HY-C - Adrenals, balance hormones	14.55	TARGET P-14 - P-14 benefits + chromium ..	22.20
PBS - Support pancreas	18.15	NBS-AV - Ayurvedic, reduce insulin	21.60
GTF CHROMIUM - Diabetes, sugar craving ...	7.95	GOLDENSEAL - Lower blood sugar	31.20

See single herbs: Licorice Root, Nopal, Juniper Berries, Uva Ursi, Capsicum

DIGESTION - *good health begins here!*

FOOD ENZYMES - Digestive enzymes	20.95	LACTASE PLUS - Dairy intolerance	28.75
PDA - Protein digestion, mineral absorption ..	15.45	AG-C - Chinese anti-gas forumla	19.95
DIGESTAZYME - Increase herb power	20.00	AG-X - Stops gas and bloating	13.00
PROACTAZYME - All food types (No HCl) ...	21.95	HERBAL H-P FIGHTER - Bacterial ulcers ..	22.20
LEGUZYME - Enzymes for beans, legumes ...	20.55	MARSHMALLOW & PEP SIN - Absorption ...	11.25
HI-LIPASE - Helps digest fats	20.20	PAPAYA MINT - Heartburn, flatulence	10.20

See single herbs: Safflowers, Dandelion, Ginger, Slippery Elm, Catnip, Aloe Vera Juice, Peppermint Oil

SKELETAL SYSTEM - *strong bones & joints*

JNT-A - Arthritis, bursitis, gout	17.80	Chondroitin Sulfate - Rebuild cartilage ...	33.55
JNT-AV - Ayurvedic, skeletal support	21.15	SC FORMULA (shark cartilage) - Arthritis ...	36.55
UNA DE GATO (Cat's Claw) - Arthritis, pain ...	19.20	BON-C - Bone healer, inflammation	11.95
* HERBAL CA - Repairs bones, nerves	13.10	SKL - Chelated calcium, bones, teeth	15.55
JNT-EASE - 14-day arthritis program	37.30	ARTHRITIS/RHEUMATISM - Homeopathic ...	10.15
GLUCOSAMINE - Repair joints	33.55	GRAPINE - Inflammation, joint flexibility ...	40.95

See single herbs: Barley Juice Powder, Burdock, Safflowers, Yucca, Alfalfa, Horsetail, Hydrangea

RESPIRATORY SYSTEM - *breathe normally*

ALJ - Powerful allergy, lung formula, sinus ...	11.65	CC-A - Muscle aches, cold prevention	15.10
SN-X - Best sinus formula, antihistamine ...	15.70	FOUR - Asthma, bronchial & food allergies ..	14.20
FENUGREEK & THYME - Sinus, headaches ...	10.45	LH - Strengthens lungs & dry coughs	11.70
MARSHMALLOW & FENUGREEK - Mucus ...	13.00	SNOREASE - Stop snoring, open sinuses ...	22.20
LH-C - Build lungs when dry condition	18.45	AL-C - Allergies, dissolves mucus	13.90
IGSII - Natural antibiotic for respiratory	14.70	FV - Flu, headaches, vomiting, nausea ...	15.75
ELDERBERRY COMBO - Colds, congestion ...	21.55	FEVER - Homeopathic.	10.15
CC-A RELIEF - 10-day cold, flu program ...	28.75	COLD - Homeopathic	10.15

See single herbs: Lobelia, Yarrow, Goldenseal, Echinacea, Garlic, Red Raspberry, Ginger

IMMUNE SYSTEM - *strengthen your defenses*

E-TEA (Essiac Tea) - Historical use cancer ...	25.20	DEFENSE MAINTENANCE - Key combo ...	23.00
THIM-J - Strengthens thymus for T-cells ...	13.10	ECHINACEA - Immune builder, infections ...	13.20
VS-C - Canker/cold sores, herpes, AIDS ...	14.40	CAPRYLIMUNE - Fights candida	20.70
UNA DE GATO - Cancer, CFS, lupus, tumors ...	19.20	DEFENSE SHIELD - 14-Day program	28.75
IMM-C - Rebuild immune system	18.90	PAU D' ARCO POWER PACK - 10-Day ...	41.95
SPECIAL FORMULA #1 - Cleanse body ...	15.90	GRAPINE - Cancer, arthritis, aging	29.15

See single herbs: Red Clover, Garlic, Pau d' Arco, Rose Hips, Parthenium, Yarrow, (Lymphomax)

NATURAL ANTIBIOTICS - *fight bacteria & viruses*

GOLDENSEAL - All infections	(50) 17.95	HIGSII - Antibiotic for hypoglycemics	12.15
IGSII - Fights colds, sore throat, sinus	14.70	IN-X - Tonsillitis, skin infections, influenza ...	19.20
COLLOIDAL SILVER - Used before penicillin ...	29.70	ECHINACEA/GOLDENSEAL EXTRACT ...	18.90
VS-C - Viruses, herpes, canker sores, AIDS ...	14.40	GARLIC - Nature's antibiotic, building	10.20

See single herbs: Pau d' Arco, Parthenium, Marshmallow, Oregon Grape

URINARY SYSTEM - *improve your plumbing!*

JP-X - Bladder, kidney infection	15.10	K - Urinary strengthener & cleanser	12.40
CRANBERRY & BUCHU - Urinary cleanser ...	20.40	URY - Build urinary system	16.25
K-C - Water retention, nephritis, edema	13.65	KB-C - Incontinence, help urinary system ...	19.20

See single herbs: Juniper Berries, Uva Ursi, Parsley, Marshmallow, Hydrangea, Cornsilk, Goldenseal

CIRCULATORY SYSTEM - *healthy heart, veins, & blood pressure!*

CAPSICUM & GARLIC - High blood pressure ...	11.95	HSII - Strengtheners heart, blood pressure ...	12.40
GUGGUL LIPID - Lower cholesterol	31.20	GINKGO/HAWTHORN - Brain, circulation ...	11.80
MEGA CHEL - All circulatory problems	40.65	I-X - Aids iron absorption, anemia, fatigue ...	9.75
H/P GARLIC (orderless) - Blood pressure ...	25.20	COQ10 - All heart problems, antioxidant ...	22.30

See single herbs: Blessed Thistle, Butcher's Broom, Hawthorn, Capsicum, White Oak Bark

HAIR, SKIN, AND NAILS - *look your best!*

INTERNAL

HSN-W - For longer, stronger hair & nails ...	14.70	BP-X - Blood purifier, psoriasis, eczema ...	12.55
KELP - Minerals for stronger fingernails ...	10.20	SKN-AV - Ayurvedic blood cleanser	21.15
SAGE - Stimulates hair growth, skin	11.00	BP-C - Blood purifier, circulation	19.10
HORSETAIL - Stops hair loss, split ends ...	10.95	RED CLOVER - Skin problems, Vitamin A ...	13.20

EXTERNAL

IRISH MOSS - Hand & body lotion, dry skin ...	9.65	HERBAL SHAMPOO - Improves scalp/hair ...	8.00
TEA TREE OIL - Fungus, acne, athletes foot ...	13.05	ALOE VERA GEL - Scar tissue, burns ...	9.50
BLACK OINTMENT - Pulls toxins from skin ...	11.00	PAU D' ARCO LOTION - Cancer, fungus ...	10.20
GOLDEN SALVE - Skin healer, antibiotic ...	13.70	JOJOBA OIL - Dry scalp, dandruff	8.00

• WE CARRY OVER 50 HOMEOPATHICS FROM ALLERGIES TO VIRAL RECOVERY •

OUR COMMITMENT TO YOU: At Nature's Sunshine, our reputation for producing high-quality products is always at stake. That's why even though not required by law, NSP elects to undergo stringent quality control measures using state-of-the-art technology. With Nature's Sunshine Products you can rest assured you are getting the safest, purest and most potent products available anywhere.

This information is not intended to prescribe herbs and vitamins for specific health problems, but to educate the public concerning the historical (tried and proven) uses of herbs.

100% NATURAL, HIGH QUALITY VITAMINS & MINERALS

VITAMINS & MINERALS, MULTIPLE - Time Released. The best bioavailable formula	25.20
SUPER SUPPLEMENTAL Vitamins & Minerals - Maintenance for all systems	11.70/21.15
A & D - Vision, skin, hair, blackheads, immune system, hormones, antioxidant	10.20
B COMPLEX - Nervous system, fatigue, mental problems, muscles, hyperactivity.	
Needed if consuming antibiotics, birth control pills, coffee, sugar, refined foods	17.95
B-BALANCED - High B12, assists in B12 absorption, great for vegetarians	14.00
B6 - Pregnancy nausea, carpal tunnel, leg cramps, anemia, PMS, edema, burning feet, prevents tooth decay, sore lips/tongue, whiteheads	9.85
B12 - Balance/coordination, pernicious anemia, body odors, sore tongue.	8.70
C - Time Released - Adrenals, bruising, bleeding gums nosebleeds, detoxifier, colds	16.15
CALCIUM w/MAGNESIUM & VIT D - Great organic calcium formula	16.20
CALCIUM-MAGNESIUM, SYNERPRO - Chelated calcium w/cruciferous vegetables, boron, etc.	16.20
E w/SELENIUM - Heart, fertility, circulation, menopause, skin, loss of sexual interest, scarring	20.70
ACIDOPHILUS - Restores friendly bacteria after antibiotics, essential to healthy colon	19.50
BETA-CAROTENE w/MIXED CAROTENES - Antioxidant, tan faster, eyes, skin	19.20
BLACK CURRANT OIL - Candida, dermatitis, herpes, psoriasis, alcoholism	22.70
CAPRYLIMUNE/CAPRYLIC ACID - Fights harmful candida, builds immune system	20.70/13.10
CHROMIUM - Regulate blood sugar levels, stop sugar cravings	7.95
CITRUS BIOFLAVONOIDS - Asthma, spider veins, hot flashes, hemorrhoids	14.70
CO-Q10 PLUS/30 - Antioxidant, heart, Alzheimer's, tumors, cancer, emphysema.	22.30/41.80
COLLOIDAL MINERALS - Liquid minerals, easily absorbed for total health	29.40
COLLOIDAL SILVER - Used as antibiotic before penicillin, colds, viral/bacterial	29.70
DHEA-F/DHEA-M - Slows aging process, remedy for degenerative diseases, master hormone	29.70
EVENING PRIMROSE - Female disorders, high blood pressure, nerves	23.70
FLAX SEED OIL - Best organic source of Omega 3, 6 & 9 fatty acids, heart, cholesterol	19.20
FOLIC ACID PLUS - Prevent birth defects, brain food, energy, immune system	7.95
GARDEN/ORCHARD ESSENTIALS - Both provide 4-5 servings of fruits and vegetables	22.25
GERMANIUM - Memory, sinus & headaches, AIDS, tumors, cancer, aging	25.80
GLUCOSAMINE - Joint & cartilage repair, osteoarthritis	33.55
GRAPINE/HIGH POTENCY - From pine bark & grape seeds. Most powerful antioxidant.	29.15/40.95
IRON (chelated) - Itching, irritability, hair loss, vitality, depression, anemia	10.30
LECITHIN - Heart, arteries, nervous system, brain, cholesterol, psoriasis. fat dissolver	22.30
I-GLUTAMINE - Alcohol craving, fatigue, menopause, senility, aging, brain food	10.90
I-LYSINE - Shingles, cold sores, mononucleosis, candida, herpes	11.70
LYMPHOMAX - Swollen glands, tonsillitis, body tonic, mastitis, immune system	15.40
MAGNESIUM - Anti-stress, depression, muscle relaxant, arrhythmias. nature's laxative	10.65
MELATONIN - Sleep disorders, jet lag, antioxidant	11.80
NIACIN - Migraines, cholesterol, circulation, depression, hostility, digestion, skin	8.70
OMEGA-3 EPA - "Good fats" for health of veins, arteries, heart arteriosclerosis, arthritis	18.30
PANTOTHENIC ACID - Stress, fatigue, old age, appearance, gray hair, adrenals/exhaustion	12.95
PHYTO-SOY - Protein, decrease cholesterol, cancer prevention, menopause, antioxidant	20.70
POTASSIUM - Regulates heart beat, calms nerves, saggy muscles, dry skin, poor reflexes	13.30
SKL FORMULA - Chelated calcium/magnesium combination for optimum absorption	15.55
SNOREASE - Three key ingredients to open nasal passages, drain sinuses	22.20
TARGET MINERALS: TSII, P-14, ENDURANCE - Chelated boosters that go directly to thyroid, pancreas, immune system, respectively	25.95 / 22.20 / 20.30
ZINC - Taste/smell loss, prostate, needed to repair injured tissue	9.10

DRINK YOUR WAY TO HEALTH

ALOE VERA JUICE - Digestion, allergies, cuts, burns, colon, ulcers (whole leaf 29.70)	16.20
HERBAL BEVERAGE - All herbal natural alternative to coffee - Delicious!	9.50
HERBAL TONIC SUPREME - High mineral drink, rich in potassium, energy	23.70
HERBAL PUNCH - Vitamin rich, refreshing	10.15
LIQUID CHLOROPHYLL - Anemia, body/bowel deodorizer, builds blood (16 oz.)	12.15/(32 oz.)23.20
TOFU MOO - Lactose/dairy-free milk substitute, all natural (carob 16.65)	13.10
BENTONITE (hydrated) - Absorbs and removes toxins from the colon	16.20
VITA-LEMON - Weight loss, energy	22.65

COMBINATIONS, *continued*

SKN-AV - Blood purifier for acne, eczema, psoriasis, cleansing & healing, SKIN	21.15
SN-X - Sinus problems, natural antihistamine, allergies, upper RESPIRATORY SYSTEM	15.70
SPECIAL FORMULA #1- General cleanser, cleanses toxins from ALL SYSTEMS	15.90
STR-J - Stress, spastic colon, nervous stomach, ulcer prevention. NERVOUS SYSTEM	12.45
SUMA - For Everything, physical stress, stamina, cancer, immune, repair, ALL SYSTEMS	13.60
SUPER ALGAE - Energy, (Spirulina, Klamath Lake blue-green, red marine & chlorella)	32.70
THIM-J - Strengthens thymus (reverses tumors, Epstein Barr, exhaustion) IMMUNE SYSTEM	13.10
THREE - Mineral combination, anemia, pregnancy, keeps ticks and mosquitos off, GLANDULAR	12.30
TSII with HOPS - Regulate and feed thyroid, (hyper active/hypo active) GLANDULAR	12.30
U - Ulcer healer, (slippery elm to soothe), canker sores, INTESTINAL SYSTEM	20.70
UC3-J - Colitis, ulcers, Crohn's disease, abdominal pain, inflamed INTESTINAL SYSTEM	9.45
UNA DE GATO (CAT'S CLAW) - Immune, tumors, cancer, arthritis, acne, IMMUNE SYSTEM	19.20
WILD YAM/CHASTE - Hot flashes, targets & balances female GLANDULAR SYSTEM	13.45
X-A - Sex rejuvenator and stimulant, hormone balance (male & female), GLANDULAR	17.70

HERBAL AND NUTRITIONAL APPROACHES TO STRENGTHENING THE IMMUNE SYSTEM

According to experts, there are eight ways to strengthen the immune system.

1. **Eat properly.** "It's not that certain nutrients affect the immune system," says Purdue University nutrition professor, Thomas Petro, Ph.D. "it's that every nutrient affects the immune system." Indeed, studies suggest that each of the major vitamins (A, B, C, D and E) plays a part in protecting you against unfriendly organisms. Zinc is vital for keeping the immune system healthy. Eat a well-balanced diet comprised of fresh fruits and vegetables, lean meat, nuts and seeds, beans and whole grain products, and low-fat dairy products to ensure a variety of nutrient intake.

2. **Exercise Often.** Exercise can stimulate immunity to disease. In one experiment, rats were found to be more disease-resistant after being injected with blood samples of people who had just exercised. Their body temperatures increased slightly, the white blood cells multiplied, and other changes were noted, showing evidence that their immune systems were ready to battle any unwelcome microbe.

3. **Avoid Stressful Situations.** Some stress is good because it can serve as a motivator. However, stress that overcomes you can be harmful. In one study, rats who were subjected to electrical shocks they could not control developed weakened immune systems. The rats who could control the shocks did not experience impaired resistance. The researchers then theorized that hope is an important part of the disease-resisting process and that despair can actually diminish the ability to fight illness.

4. **Cultivate Friendship.** Warm relationships can be a factor in healthy immune system. In a study done on dental students, those with close personal relationships secreted many more immunoglobulins (infection-fighting substances) than did students showing anti-social tendencies.

5. **Don't Smoke.** Smoking can decrease vitamin C levels in your body, as well as irritate the respiratory passages. This promotes infection in the dry, cracked tissues. Nicotine produces cadmium in the smoker and non-smoker alike.

6. **Keep Your Home Humidified.** Exceptionally dry air can be as parching to your respiratory system as cigarette smoke. 30 to 40 percent humidity is recommended for a home. If it is less than that you may want to consider purchasing a humidifier. Turning down the heat is also helpful.

7. **Keep Your Hands Clean.** Wash your hands often, as they are the prime mode of travel for germs and viruses.

HERBAL CLEANSSES

Many people first experience herbs as a cleanse. Once cleaned, the body is able to build its weaker areas much faster. Unlike fasting, colds or flu (which also cleanse us), herbal cleanses do not cause hunger and can be more comfortable. Favorites include:

Basic 7: Choose Parthenium, LIV-J, STR-J, Marshmallow and Pepsin, Cascara, Psyllium Hulls and Mullein; OR Chaparral, LIVA, Eight, AGX, Cascara, Psyllium Hulls and Mullein. Week #1: Twice daily take 1 capsule each. Week #2: 1 capsule of each thrice daily. Week #4: 2 capsules twice daily or adjust to individual preferences. "It's a complete body cleansing program," says originator Janet Harper. Use 60-90 days.

Bonnie's 37-Day Lymphatic Cleanse: The first day take 2 I-X and 1 Parthenium. Continue the 2 I-X daily but increase Parthenium by 1 daily until up to 18/day, then decrease by 1 daily. take 4 bottles of Parthenium and 1 of I-X. By Bonnie Paris.

Chinese Para-Cleanse: 2 capsules each of Chines Herbal Pumpkin, Caprylic Acid and Elecampane taken twice daily before meals for 10 days. Specific for parasites so recommended after a Tiao-He Cleanse which helps destroy their homes.

Chines Tiao He Cleanse: 1 capsule each: LIV-C, Special Formula, Psyllium Hulls, LBS, Burdock and Black Walnut taken with each meal for 10 days.

EZ Cleanse: For 21 days, take twice daily with meals: 3 capsules Bowel Build & 2 capsules each of Special Formula, Marshmallow/Pepsin & Liquid Chlorophyll. On an empty stomach, morning & evening, take 2 capsules Milk-Free Acidophilus. Drink 8 glasses of pure water daily. Aim for 2-3 bowel movements daily. If fewer, increase Special Formula &/or add Cascara. According to its designers, Jennifer Weiss & Vera Burnett, this cleanse reduce transit time, improves digestion & absorption of water-soluble vitamins & decreases cholesterol, harmful bacteria & toxins.

Ivy's Daily Cleansing Drink: Blend 1/2 glass apple juice, 2 Tablespoons each Aloe Vera juice & Liquid Chlorophyll and 1 teaspoon or 8 capsules Psyllium Hulls. Drink immediately with 2 capsules Cascara. Take first drink in the morning for 60 days, then take every other day indefinitely. Very soothing, it normalizes over-acid conditions & lowers cholesterol. Designed by Ivy Bridge.

Parasite Cleanse: Thrice daily take 2 capsules Combination U, 3 Herbal Pumpkin, 4 Black Walnut and 1 each Elecampane, Special Formula & Garlic. Add vitamin C as needed.

17-Day Cleanse: Take 2 capsules each, with each meal, 3 meals daily: LIV-A, Special Formula, Psyllium, Cascara and Black Walnut. There are 100 capsules per bottle, so this will take 17 days. Designed by Richard Terry.

For more optimum results, some herbalists advocate daily enemas while cleansing./ Whether or not this is done, it's a good idea afterward to choose a strain of Acidophilus to ingest, thus sowing a new crop of helpful bacteria in the intestines. Choices include Bifidophilus, Flora Force, Milk-Free or Milk-Based. This friendly organism acidifies the colon, crowds out harmful bacteria, fungus and candida albicans. Killed by antibiotics and coffee, it has aided digestion, offset "Montezuma's Revenge" and helped the human body produce its very own B vitamins.

Once cleansed, stay that way by positive living and dining on more fruits, vegetables, grains, nuts and seeds--and beverages made from clean water. We were not designed to be joy-less, ingesting refined/manufactured junky non-foods and toxic, chemical-laden water.

Basic 8 to Keep Us Straight: This regime of Dina Allen's rebuilds and helps keep the body clean. For at least 60 to 90 days, take 1 capsule each: ALJ, LIV-J, Combination K, Special Formula, LBS, HSN-W, Valerian (or STR-J) and BP-X.

Single Herbs

ALFALFA - Contains all known vitamins and minerals; for over acidity, pituitary gland, arthritis, chlorophyll, high nutritive, alkalizes body rapidly, detoxifies liver.

ALOE VERA - Quick healing agent to burns, abrasions, skin problems, wounds. Stop bleeding; soothes/heals stomach. Biblical body wrap.

BARLEY - Extremely rich in nutrients needed by body. Strongly resistant to disease, fungus, serious degenerative conditions. Energy, high blood pressure, stomach.

BILBERRY - Very strong antioxidant. Great tasting tea.

BLACK COHOSH - Female estrogen, menstrual cramps, high blood pressure, spinal meningitis, poisonous bites, relieves childbirth pain, hot flashes. Calms nervous system. Rheumatism, neuralgia, tension, eyestrain.

BLACK CURRANT OIL - rich source of fatty acid, Vitamins C and B and rutin. Anemia, pregnancy/nerve tonic. coughs, obesity, candida, high blood pressure, lower cholesterol. Greatly boosts immune system.

BLACK WALNUT - Expels tapeworms, parasites, ringworm, rashes, poison oak, TB, diarrhea. Oxygenates blood so aids respiratory system and helps clean the body.

BLESSED THISTLE - Strengthens the heart/lungs, takes oxygen to the brain. Increases breast milk. Has treated depression, loss of memory, nervousness, suicidal tendencies and difficult menstrual periods.

BLUE VERVAIN - Simultaneously relaxes/stimulates so aids circulation, asthma, nerves, spleen, liver, colon; promotes sweating, settles stomach, expels phlegm from throat & chest, expels worms.

BURDOCK - Rapid blood purifier, diuretic, ulcers. Aids pituitary gland, keeps waste moving out of a weak body, expels kidney/bladder stones. Reduces calcium deposits.

BUTCHER'S BROOM - Butchers rubbed this on chopping blocks due to its degreasing ability! Anti-inflammatory, cleans blood vessels, varicose veins, increases flow of urine. Jaundice, expels phlegm, hemorrhoids, phlebitis.

CAPSICUM - Catalyst for all herbs, stops bleeding (even arterial!) inside or outside body, circulation, heart. Used with Lobelia for nerves. Used as a stimulant. Reduces fevers, heals ulcerated stomach, stops shock, helps body tolerate extreme temperature changes. Also called Cayenne or Rep Pepper.

CASCARASAGRADA/SACRED BARK - Chronic constipation, gallstones, increases secretion of bile.

CATNIP - Convulsions, colic, insanity, pain, sleep aid, soothes stomach/nerves. As an enema, tea has quickly brought down fevers.

CHAMOMILE - Nerves, toothache, smoking/alcohol addiction, muscle pain, normalizes appetite, corns, insomnia. Gentle diuretic.

CHICKWEED - Bronchial cleanser, eats cellulite (fat), deafness, peritonitis, externally applied to skin rashes, psoriasis, eczema. Cholesterol cleanser.

CORNSILK - Used for prostate, painful urination, controls inflammation, bedwetting. Kidney/bladder woes. has calcium, potassium. Soothes/relaxes mind & body.

DAMIANA - Ladies' aphrodisiac. Sexual impotency, reproductive organs, overcomes loss of nerves, energy to limbs. Used to cheer depressed men with low self-esteem. Helps body make female hormones.

DANDELION - Rich in sodium, Vit. A, calcium. Aids low blood pressure, kidneys, bladder, iron anemia, gout, edema.

DONG QUAI - Female complaints, migraines, high in B12, hot flashes, nourished blood, relaxes muscles.

ECHINACEA/PARTHENIUM - Blood & lymph cleaner, mild antibiotic activity. Interferon-like, cortisone-like (anti-inflammatory), increases T-cells, demonstrates anti-tumor activity. Stimulates the immune response. Plains Indians' most-used herb. Mops up pus.

EYE BRIGHT - Aids the vision/uppermost part of the throat as far as the windpipe.

FEVER FEW - Relieves most migraines at onset. MS, arthritis, psoriasis, stress, menopause, hay fever.

GARLIC - Kept medieval robbers plague-free. Kills ear pain, emulsifies cholesterol. "Russian penicillin." Arrests intestinal infection, replaces harmful bacteria with good, lowers high blood pressure, dissolves mucus.

GINGER - Stimulates circulation, relieves pelvic area cramps/gas, indigestion, paralysis, motion/morning sickness.

GINSENG - called "King of Herbs" in the Orient. Energy, stimulates hormonal activity, longevity, prostate, stomach problems, age spots, urinary tract infection. Protects in radiation. Food for heart and nerves.

GOLDEN SEAL - Acts as insulin, antibiotic, cleanser; used for swelling, liver. A cure-all herb. Taken with Licorice by hypoglycemics. Cherokees taught homesteaders to use it for inflamed colons and nausea.

GOTUKOLA - Mental troubles, blood pressure, energy, depression, longevity, strengthens heart, memory, brain. Nervous breakdowns.

HAWTHORN - Mildly dilates the coronary blood vessels, strengthens heart muscle walls; arteriosclerosis.

HOPS - Insomnia, restlessness, shock, decrease desire for alcohol. Soothes, calms, relieves pain, reduces fever.

HORSETAIL - Fossils say it grew when dinosaurs roamed. Hair loss, diuretic, flimsy nails, kidney stones, aids in calcium absorption. Abundant in silica (biological cement) that holds every body part together. Early scouring reed.

HYDRANGEA - Bladder/kidney woes, increase flow of urine, breaks up bladder stones. Acts like cortisone.

IRISH MOSS - Applied externally, has softened skin, soothe inflammation, combated rashes, eczema, psoriasis. Wrinkle preventive. High in iodine. contains 15 of the 18 elements comprising the human body.

JOJOBA OIL - hair & skin tonic, eczema, psoriasis, athletes foot, warts, wrinkles, chapped skin, dandruff.

JUNIPER - Protects against bedwetting, "bad vibes." Aids kidney or bladder troubles relating to pancreas or adrenal glands. Navajo "ghost beads."

KELP - Thyroid, arteries, nails, hair falling out, cleanses radiation from body. Supplies micro minerals including lithium. Has organic sodium, calcium.

LICORICE ROOT - Hypoglycemia, adrenal glands, stress, voice, colds. helps the body make cortisone.

LOBELIA - Strong relaxant, emetic in large amounts. Asthma, angina pectoris, epilepsy, strengthen muscle action. Removes obstacles. leads other herbs to where they're needed.

MARSHMALLOW - Soothing eyewash, relieves any sore or inflamed area. Enriched breast milk. Bladder/kidney problems; high in zinc, calcium, Vit. A. Expectorant, relaxes bronchials.

MULLEIN - has helped breathing problems, hay fever, reduced coughs, spasms, swollen glands. Great pain killer. native Americans smoked the dried leaves as an expectorant.

OREGON GRAPE - Stimulates liver/thyroid; tonic for all glands & digestion, blood purifier, increases appetite, aids in assimilating nutrient. Staph infection, lymphatic stagnation.

PARSLEY - High in copper, B's, potassium. Contain a substance in which tumorous cells cannot multiply. Bad breath, deodorizer, diuretic. Cleans adrenals.

PASSION FLOWER - Sedative, menopause, headache, neuralgia, hysteria, hypertension caused by mental attitude.

PAU D'ARCO/TAHEEBO - discourages Candida Albicans, herpes simplex, anemia, pain, reduces tumor;/polyps, strengthens immune system. Given free by Argentina government to cancer & leukemia patients. Used with Licorice by hypoglycemics. Anti-fungal, these rain forest trees never mold or mildew when chopped down.

PEPPERMINT OIL - Nausea, cleanser, energizer, relieves gas, oxygenates the bloodstream. Stimulates digestive fluids.

PSYLLIUM - Excellent colon cleanser, creates bulk.

RED CLOVER - Blood purifier, relaxes nerves & entire system, bathe any sores in tea. Muscle atrophy. Strengthen ovaries. In Jason Winter's tea.

RED RASPBERRY - Dysentery, diarrhea, easier child deliver, flu preventive, menstrual pain, morning sickness. Feeds the thyroid.

ROSE HIPS - Infection fighter, beauty aid, itches, sore throat, anti-stress herb. has 60 times the Vitamin C found in lemons!

SAFFLOWERS - Stomach tonic; skin disease, gas, neutralizes uric acid, gout, hypo and hyperglycemia.

SAGE - Dries up breast milk, night sweats, baldness, expels worms, stops bleeding, cleans old ulcers/sores, restores hair's color.

SARSAPARILLA - Rheumatism, gout, psoriasis, antidote for poison, promotes perspiration. helps body make male hormones.

SAW PALMETTO - Enlarges small breast of women of childbearing age, infertility, quiets nerves, throat & bronchial troubles, help weight gain.

SCULLCAP - Cleans/builds spinal nerves. Worry, emotional woes, rabies, hysteria, migraines, strengthen hear, relives spasms.

SLIPPERY ELM - Inflamed mucus membranes of the stomach, bowels, kidneys or any irritated areas. Kept Colonial soldiers alive at Valley Forge.

SPIRULINA - highly nutritious blue-green algae. Energy, weight loss, hypoglycemia, has 26 times the calcium in milk, is 65% protein. Stays potent for years. Balances RNA, DNA.

TEA TREE OIL - Used by Australian for urogenitary infection, sunburns, canker sores, lice, ulcerous tissues & itches; poison oak or ivy, athletes foot, chicken pox, ringworm.

UVAURSI - Diabetes, kidney, hemorrhoids, spleen, liver, pancreas, gonorrhea. Invigorates/strengthens body.

VALERIAN - Nervous disorders, headaches; twitching, spasms; promotes uninterrupted sleep.

WHITE OAK - Varicose vein, loose teeth, bladder, goiter, skin, gallstones, kidney stones, fever, sores. Stops bleeding in stomach, liver, bowels.

YARROW - Lowers fevers; stimulates sweating in dry fevers; quinine substitute, regulates liver function. Used for diarrhea & fungus like skin & hair conditions; tonic for run-down conditions, help pancreas, glands.

YELLOWDOCK - Blood purifier, cleanser, acne, high in iron, tones entire system, especially pineal gland. Has lightened varicose veins. "Wild Spinach."

YUCCA - Has been used for rheumatoid/osteoid forms of arthritis. Reduces joint inflammation. Helps body make cortisone.

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HERBS BY KEISHA

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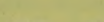
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HERBS

REALLY WORK



REALLY WORK

1. They feed, regulate and cleanse the body naturally.
2. Were created for the use of man. *Ezekiel 47:12-And the fruit thereof shall be meat and the leaf thereof for medicine. Revelation 22:2-And leaves of the tree were for the healing of nations.*
3. Do not build up in the body or produce harmful side effects like synthetic drugs.
4. These natural substances are the key to good health.

ALFALFA - Health builder, arthritis, fatigue, appetite, pituitary gland	9.55
BARLEY GREENS - Energy, nutritional, increase S.O.D. to fight aging & rheumatism	16.65
BEE POLLEN - Allergies, quick energy, nature's most perfect food, natural no-dose.....	12.55
BILBERRY - Strengthens capillaries, prevents retinal blindness problems, antioxidant.....	22.20
BLACK COHOSH - Natural estrogen, hot flashes, bronchitis, nerves	10.20
BLACK WALNUT - Cleanses parasites and worms, skin rashes, lupus, eliminates toxins.....	10.80
BLESSED THISTLE - Takes oxygen to brain, senility, increases mothers' milk	10.65
BURDOCK - Reduce swelling and deposits in joints, blood purifier, gout, eczema	11.65
BUTCHER'S BROOM - Improves circulation, phlebitis, leg cramps, varicose veins	12.55
CAPSICUM - Circulation to extremities, strokes, blood pressure equalizer, colds.....	9.55
CASCARA SAGRADA - Constipation, increase peristaltic action, gallbladder.....	10.80
CATNIP - Colic, nerves, cigarette craving, colds, flu, digestion, hiccups and gas	9.55
CHAMOMILE - Insomnia, improves appetite, drug withdrawal, nerves	10.00
CHARCOAL - Kidney failure (to help clean blood), intestinal gas, antidote for poison	13.65
CHICKWEED - Appetite depressant, burns fat, dissolves plaque from veins	14.40
CORNSILK - Inflamed kidney, bladder, bed wetting, painful urination, prostate	11.70
DAMIANA - Hormone balance, Parkinson's disease, get pregnant, frigidity	10.45
DANDELION - Anemia, liver, blood cleanser, endurance, age spots, hepatitis.....	10.20
DONG QUAI - Hot flashes, hormone balance, nerves, brain nourisher	19.20
ECHINACEA - Antibiotic, lymph system, blood purifier/builder, immune system.....	13.20
EYEBRIGHT - Improve vision, eye strain, cataracts, allergies, styes.....	15.70
FEVERFEW - Migraine headaches, muscular tension, intestinal worms.....	11.20
GARLIC - Normalizes blood pressure, yeast and bacterial infections, colds	10.20
GARLIC/HIGH-POTENCY, ENTERIC COATED - All the benefits without the smell	25.20
GINGER - Expels gas, motion and morning sickness, flu, diarrhea, settles stomach	10.45
GINSENG - Energy, stress, endurance, depression, impotency/stimulant. Siberian	11.70
GOLDEN SEAL - Infection, natural insulin, cleanses urinary system.....	31.20
	Korean 20.70
	(50) - 17.95

This information is not intended to prescribe herbs and vitamins for specific health problems, but to educate the general public concerning the historical (tried and proven) uses of herbs and provide a reference tool for those who want to use herbs and vitamins to feed specific body systems. (Printed March '95) (Ref. "Today's Herbal Health" and "NSP System Guide to Health").

FREE SHIPPING ON PURCHASES OVER \$25.00

* Prices subject to change

GOTU KOLA - Brain food, memory, learning disabilities, vitality, depression senility	12.55
HAWTHORN - Heart, hardening of the arteries, adrenals, stress, blood pressure	10.00
HOPS - Insomnia, nervousness, decreases desire for alcohol, hyperactive children	9.90
HORSETAIL - Stops hair from falling out, stops split ends, nails, tumors.....	10.95
HYDRANGEA - Arthritis, gout, kidney and bladder problems, dissolves stones	8.70
JUNIPER BERRIES - Diuretic, dropsy, uric acid, strengthens kidneys.....	11.00
KELP - Thyroid, fingernails, goiter, helps take fat off hips, complexion.....	10.20
LICORICE - Adjusts blood sugar, quick energy, cough, hoarseness, adrenals	10.20
LOBELIA - Asthma, congestion, pneumonia, strong relaxant, dry cough, lungs	10.10
MARSHMALLOW - Bladder and kidney problems, bed wetting, inflammation	11.40
MULLEIN -Nervous cough, lung & sinus congestion, T.B., lymphatic, soothes inflamed lungs.....	10.80
PARSLEY - Bad breath, blood builder, high in potassium, kidneys, diuretic	8.95
PARTHENIUM - Antibiotic, lymph/blood purifier, similar to echinacea, immune system	10.95
PASSION FLOWER - Eye infection and tension, stress, sleep, hyperactive children.....	10.20
PAU D' ARCO - Historically used for cancer, leukemia, tumors, yeast infection	12.10
PSYLLIUM HULLS - Scrubs colon, best fiber, diverticulitis, colon blockage	9.90
RED CLOVER - Cancer, tumors, skin problems, relaxes nerves, spasms.....	13.20
RED RASPBERRY - Pregnancy herb, nausea, diarrhea, gastritis, strengthens & tones uterus ..	12.55
ROSE HIPS - Natural vitamin C complex, colds, infections, blood purifier, flu.....	9.55
SAFFLOWERS - Gout, hydrochloric acid for digestion, reduces cholesterol.....	9.55
SAGE - Stimulates hair growth, memory, sore throat/gum, nerves, hoarseness, clears mucous.....	11.00
SARSAPARILLA - Testosterone, body building, impotency, hair growth	10.80
SAW PALMETTO - Breast builder (small or saggy), colds, rids mucus, enlarged prostate	14.80
SLIPPERY ELM - Acid stomach, digestion, diaper rash, hiatal hernia, ulcers	10.90
UVA URSI - Spleen, bladder and kidney infections, diabetes, gonorrhea, cystitis, incontinence ..	11.10
VALERIAN - Natural tranquilizer, pain, muscle spasms, nerves, promotes sleep.....	10.80
WILD YAM - Reduces PMS & menstrual irregularities	11.70
WHITE OAK BARK - Hemorrhoids and bleeding, varicose veins, pyorrhea, pin worms	10.10
YARROW - Obstructed perspiration, nosebleeds, chicken pox, colds/fever/flu.....	9.90
YELLOW DOCK - Anemia, blood purifier, itching, liver, skin problems, hepatitis	9.90
YUCCA - Natural cortisone, arthritis, reduces joint inflammation, skin problems	12.55

CHINESE HERBAL COMBINATIONS -- historical uses:

AD-C - Anti-depressant, fatigue, neurosis, PMS, depression	17.70
AG-C - Anti-gas, indigestion, bloating, gastroenteritis, clears stagnant food, foul gas	19.95
AL-C - Allergies & lungs, sinusitis/bronchitis, emphysema, asthma, cold, expels mucous	13.90
BP-C - Blood purifier/builder, hepatitis, cirrhosis, PMS, acne, depression, strengthens liver	19.10
CHINESE 14 DAY DEFENSE-SHIELD - Great immune-building program.....	28.75
CHINESE 10-DAY PARA-CLEANSE - Parasite/worm cleanse	20.40
CHINESE 10-DAY TIAO HE CLEANSE - Over all body cleanse (Great diet start).....	28.95
HS-C - Strengthens and stimulates heart, angina, pain, palpitations, exhaustion	17.00
HY-C - Hypoglycemia, diabetes, dry cough, thirst, night sweats, builds liver and pancreas.....	14.55
IF-C - Anti-inflammatory, hemorrhoids, gallstones, hepatitis, swollen lymph glands	15.55
IMM-C - Rebuilds immune system, restores energy, corrects polarity, chronic fatigue	18.90
KB-C -Kidneys, arthritis, lower back pain, chronic kidney infection, strengthen/rejuvenate bones & sex organs	19.20
K-C - Diuretic, urinary infections, nephritis, prostatitis, edema in legs and chest.....	13.65
LH-C - Lung healer, lymph, asthma, wheezing, emphysema, chronic cough/bronchitis.....	18.45
LIV-C - Acute liver problems, hepatitis, gallstones, anemia, cleanse liver	16.65
NATURE'S CHI - Builder, super energy, stamina, natural no-dope, dispels sugar cravings	23.55
TEI FU OIL - Relieves pain on contact (headaches, sinus, sprains, muscles, toothache	8.70
STR-C - Stress, calms nerves, insomnia, neurosis, paranoia, hyperventilation	19.20
UC-C - Ulcers, stomach, colitis, hernia, rejuvenate digestive tract, antiseptic	18.55
VS-C - Cold sores, herpes simplex, shingles, viruses, AIDS, cancer, immune.....	14.40

100 % NATURAL VITAMINS & MINERALS

TIMED RELEASE MULTI VITAMINS & MINERALS - Energy, etc.....	25.20
ACIDOPHILUS - Restores friendly bacteria after antibiotics, essential to healthy colon.....	19.50
BETA-CAROTENE - Healthy eyes & skin, cancer prevention, immune system.....	19.20
BLACK CURRENT OIL - Candida, dermatitis, herpes, psoriasis, alcoholism.....	22.70
CAPRYLIC ACID/Caprylimune - Fights harmful candida, builds immune system.....	13.10/20.70
CHROMIUM - When deficient, is the suspected cause of diabetes & high blood pressure.....	7.95
COQ10 PLUS - Antioxidant, all heart problems, Alzheimer's, tumors, cancer emphysema.....	22.30
DHEA-M/DHEA-W - (100)-Male/Female hormone balance formula.....	29.70
EVENING PRIMROSE OIL - Blood pressure, cholesterol, arthritis, M.S., liver problems.....	23.70
FLAX SEED OIL - Heart disease prevention, lowers triglycerides, immune system.....	19.20
GERMANIUM - Memory, sinus & headaches, AIDS, tumors, cancer, aging.....	25.80
GRAPEPINE - (Pycnogenol) Super anti-oxidant, ADD, arthritis, cancer, AIDS.....	40.95
IRON (chelated) - Itching, irritability, hair loss, vitality, depression, anemia.....	10.30
LECITHIN - Heart, arteries, nervous system, brain, cholesterol, psoriasis, fat dissolver.....	22.30
L-GLUTAMINE - Alcohol craving, fatigue, menopause, senility, aging, brain food.....	10.90
L-LYSINE - Shingles, cold sores, mononucleosis, candida, herpes.....	11.70
LIV-GUARD - Liver, hepatitis, alcoholism, age spots, jaundice, allergies, acne.....	22.80
LYMPHOMAX - Swollen glands, tonsillitis, body tonic, mastitis, immune system.....	15.40
MAGNESIUM - Anti-stress, depression, muscle relaxant, arrhythmia, nature's laxative.....	10.65
NIACIN/VIT. B-3 - Migraines, cholesterol, depression, hostility, digestion, skin.....	8.70
OMEGA-E EPA - "Good fats" for health of veins, arteries, heart, arteriosclerosis, arthritis.....	18.30
PANTOTHENIC ACID/VIT. B-5 - Stress, fatigue, old age appearance, gray hair.....	12.95
POTASSIUM - Regulate heart beat, calms nerves, cancer deterrent, saggy muscles.....	13.30
SUPER SUPPLEMENTAL VIT & MIN - Maintenance for all, mega-dose for stress.....	21.15
TARGET TS11, P-14 - Chelated booster to feed thyroid, pancreas & immune system, respectively.....	25.95/22.20
VITAMIN CALCIUM W/MAGNESIUM & VIT. D - Great organic calcium formula.....	16.20
VITAMIN A & D - Skin, hair, blackheads, infection, vision.....	10.20
VITAMIN B-COMPLEX - Nervous system, fatigue, mental problems, muscles, hyperactivity.....	17.95/14.00
VITAMIN B-6 - Nausea, carpal tunnel, leg cramps, anemia, PMS, edema, burning feet, prevents tooth decay.....	9.85
VITAMIN B-12 - Balance/coordination, energy, anemia, body odors, sore tongue.....	8.70
VITAMIN C-T/R - Adrenals, bruising, bleeding gums, nosebleeds, colds.....	16.15
VITAMIN E (w/Selenium) - Heart, fertility, circulation, liver, , menopause, skin, sex drive.....	20.70
ZINC - Taste/smell loss, prostate, needed to repair injured tissue.....	9.10

LIQUID HERBS & EXTRACTS -- historical uses:

ALJ - Congestion.....	12.65	JNT-A - Arthritis, joint pain, inflammation.....	18.30
CC-A Liquid - Colds, bronchial dilator.....	14.95	VS-C - Infection.....	14.25
CBG - Ear infection, inner ear problems.....	16.65	STR-J - Hyperactivity, stress, nervous stomach or colon.....	14.70
LB - Constipation, cleanses intestinal system.....	10.60	VAL - Seizures, stress, anxiety, nerves.....	9.90
ALOE VERA JUICE - Digestion, ulcers, hiatal hernia, heartburn, soothes colon.....	16.20		
BLACK WALNUT - Herpes, ringworm, impetigo, restores tooth enamel, expels worms.....	9.75		
BLUE VERVAIN - Asthma, colds, convulsion, epilepsy, expels worms, fever, insomnia.....	15.30		
CAT'S CLAW - Arthritis, digestive & intestinal tracts, fibromyalgia, immune, AIDS.....	22.20		
ECHINACEA & GOLDEN SEAL - Infections, mouth sores, chicken pox, cankers, parvo.....	18.90		
HAWTHORN BERRIES - Strengthens heart, rapid heart beat, angina, arrhythmia.....	10.95		
LICORICE ROOT - Acts like natural cortisone, adjust blood sugar, quick energy.....	9.15		
LIQUID CHLOROPHYLL - Anemia, body/bowel deodorizer, destroys toxins, builds blood.....	12.15		
LOBELIA ESSENCE - Asthma, bronchitis, convulsions, croup, hiccups, lockjaw.....	9.90		
OREGON GRAPE - Jaundice, Lymes disease, staph infections, syphilis.....	16.20		
PAU D' ARCO - Earache, athlete's foot, fungus infections, candida.....	8.25		
RED CLOVER BLEND - Blood purifier, cancer, childhood diseases, leprosy.....	13.20		
RED RASPBERRY - Diarrhea, female organs, flu, lactation, morning sickness.....	17.40		

GOTU KOLA - Brain food, memory, learning disabilities, vitality, depression senility	12.55
HAWTHORN - Heart, hardening of the arteries, adrenals, stress, blood pressure	10.00
HOPS - Insomnia, nervousness, decreases desire for alcohol, hyperactive children	9.90
HORSETAIL - Stops hair from falling out, stops split ends, nails, tumors	10.95
HYDRANGEA - Arthritis, gout, kidney and bladder problems, dissolves stones	8.70
JUNIPER BERRIES - Diuretic, dropsy, uric acid, strengthens kidneys	11.00
KELP - Thyroid, fingernails, goiter, helps take fat off hips, complexion	10.20
LICORICE - Adjusts blood sugar, quick energy, cough, hoarseness, adrenals	10.20
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IMM-C - Rebuilds immune system, restores energy, corrects polarity, chronic fatigue 18.90
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LH-C - Lung healer, lymph, asthma, wheezing, emphysema, chronic cough/bronchitis.....18.45
LIV-C - Acute liver problems, hepatitis, gallstones, anemia, cleanse liver 16.65
NATURE'S CHI - Builder, super energy, stamina, natural no-doze, dispels sugar cravings 23.55
TEI FU OIL - Relieves pain on contact (headaches, sinus, sprains, muscles, toothache).....8.70
STR-C - Stress, calms nerves, insomnia, neurosis, paranoia, hyperventilation 19.20
UC-C - Ulcers, stomach, colitis, hernia, rejuvenate digestive tract, antiseptic 18.55
VS-C - Cold sores, herpes simplex, shingles, viruses, AIDS, cancer, immune.....14.40

HERBAL COMBINATIONS -- historical uses:

These herb food formulas are composed of 2 or more herbs to aid a certain system. All symptoms (as reported by doctors) should be considered nutritional deficiencies of the mentioned system.
AG-X - Gas, indigestion and bloating prevention formula, DIGESTIVE SYSTEM.....13.00
ALJ - Lung and sinus congestion, allergies, cough, RESPIRATORY 11.65
APSII - Herbal aspirin, pain muscle relaxant, headaches, neck & pain, tension, NERVOUS.....13.20
ARTEMISIA - Digestion, cramps, & parasites, COLON.....13.20
BLG-X-Gas, bloating, indigestion, liver/gall bladder/pancreas, spleen, dizziness, DIGESTIVE...14.00
BP-X - Blood purifier, poison ivy/oak, acne, psoriasis, skin problems, CIRCULATORY 12.55
BON-C - Bone healer, wound healer, poultice, SKELETAL 11.95
CA - Calcium for building nerve shealths, veins, bones, teeth cartilage, SKELETAL 13.10
CAPSICUM/GARLIC/PARSLEY - High blood pressure, cholesterol, CIRCULATORY 11.95
CC-A - Cold, flu, muscle aches, nausea, vomiting, fever, chills, IMMUNE.....15.10
CLT-X - Colitis, irritable colon, digestion, diarrhea, INTESTINAL SYSTEM 12.45
C-X - Natural hormone replacement & balancing, menopause, hot flashes, GLANDULAR.....13.20
CRANBERRY/BUCHU - Kidney & bladder problems, URINARY 20.40
E-TEA - Herbs historically used for cancer, tumors & fibroids, ...25.20
EIGHT - Reduces nervous tension, anxiety, stress, restores, NERVOUS.....12.85
ENERG-V - A synergistic combination of all the herbs for ENERGY.....17.00
ENVIRO-DETOX - Cleanses toxins from all systems, builds beneficial bacteria, stronger than BP-X.....16.20
EW - Eye infection, improve vision, cataracts (make eye wash), glaucoma, EYES 19.20
EYEBRIGHT PLUS - Strengthens eyes & prevents macular degeneration, EYES 22.20
FC with DONG QUAI - Menstrual problems, cramps, uterus, GLANDULAR SYSTEM 14.00
FENUGREEK & THYME - Sinus/migraine headaches, dissolves mucus, RESPIRATORY...10.45
FOUR - Asthma, pollen, seasonal allergies, wheezing, cough, RESPIRATORY 14.20
FV - Flu, headaches, vomiting, nausea, motion sickness, IMMUNE SYSTEM.....15.75
GGC - Energy and endurance, relieves depression, improves memory, BUILDER.....16.65
GINKO/HAWTHORN - Brain, heart, ringing in ears, vertigo, CIRCULATORY 11.80
GINKO/GOTU KOLA - Attention span, memory, brain food, mental energy 32.80
HERBAL PUMPKIN - Parasites, tumors, cleanses blood vessels, helps INTESTINAL.....14.00
HS II - Strengthens and feeds the heart, cleanses blood vessels, helps CIRCULATORY 12.40
HVP - Promotes natural sleep, relaxant, stress muscle tension, NERVOUS SYSTEM.....12.30
HY-A - Hypoglycemia, adrenal rebuilder, energy, mood & sugar swings. GLANDULAR 14.70
I-X - Aids in iron absorption, anemia, fatigue, styes, BUILDER 9.75
IGSII - Natural antibiotic, infection fighter (hypoglycemic use HIGII) IMMUNE 14.70
IN-X - General infection, fever, flu, sore throat, tonsillitis, IMMUNE 19.20
JNT-A - Arthritis, joint stiffness, bursitis, gout, SKELETAL 17.80
JP-X - Kidney and bladder infection, strengthen & cleanse kidney & bladder URINARY.....15.10
K - Bladder and kidney problems, bed wetting, strengthens entire URINARY SYSTEM 12.40
KUDZU/ST. JOHN'S WORT - Lessens cravings for alcohol, nerves, antidepressant.....26.70
LBS II - Stool softener, constipation, bad breath, cleanses INTESTINAL SYSTEM 14.25
LH - Chronic lungs & bronchials problems (add ALJ), RESPIRATORY SYSTEM 11.70
LIV-A - Blood detox, cleanser and strengthener of gall bladder, spleen LIVER 14.95
LOBELIA/ST. JOHN'S WORT- Smoking & nicotine craving, prevents nervousness & depression. 21.55
MARSHMALLOW & FENUGREEK-Expel lung mucus, emphysema, dry cough RESPIRATORY13.00
MARSHMALLOW & PEPSIN-Clean intestines/mucous for better food absorption,INTESTINAL11.25
P-14 - Blood sugar problems, diabetes, rebuilds and strengthens, PANCREAS (or PBS) 17.70
PAPAYA MINT - Indigestion, gas, heartburn, enzymes for DIGESTIVE SYSTEM 10.20
PLSII - Bone knitter, internal and external wounds, ulcer, hiatal hernia ALL SYSTEMS.....16.20
PS II - Prostate problems (Alt. with P-X), problems of URINARY SYSTEM.....12.15
RE-X - Anxiety, hyperactivity, insomnia, nervous breakdown, stress, NERVOUS SYSTEM....11.70
SC FORMULA - (Shark Cartilage) - Tumors, cancer & arthritis.....38.70
SENNA COMBINATION - Chronic constipation, stubborn bowels, INTESTINAL.....14.10

SN-X - Sinus problems, natural antihistamines, allergies, upper RESPIRATORY 15.70
SPECIAL FORMULA #1 - General cleanser, cleanses toxins from ALL SYSTEMS.....15.90
STR-J - Stress, spastic colon, nervous stomach, ulcer prevention, NERVOUS SYSTEM.....12.45
SUMA - Adapts to individual needs, stress, energy, IMMUNE 13.60
SUPER ALGAE - High protein, energy, appetite control, immune, skin, memory 32.70
THIM-J - Strengthens thymus (reverses tumors, Epstein Barr, exhaustion) IMMUNE 13.10
THREE - Mineral combination for anemia, pregnancy, GLANDULAR 12.30
TS II with HOPS - Regulates thyroid (hyper-over active/hypo-under active)GLANDULAR 12.30
UÑA DE GATO (Cat's Claw)-Cancer, joint stiffness/inflammation, lupus, chronic fatigue,IMMUNE19.20
U - Ulcer healer (slippery elm to soothe); canker sores, DIGESTIVE.....20.70
UC3-J - Colitis, ulcers, Chrohn's disease, abdominal pain, inflamed INTESTINAL 9.45
X-A - Sex rejuvenator and stimulant, hormone balance (male & female). GLANDULAR 17.70

KEY SYSTEMS PRODUCTS -- historical uses:

ALJ - lungs, sinuses, allergies, coughs, asthma, RESPIRATORY 11.65
BOWEL BUILD - Bowel regularity, severe diarrhea, gas, INTESTINAL 19.30
FOOD ENZYMES/PDA - Necessary enzymes to promote proper DIGESTION.....20.95/15.45
MASTER GLAND - Balances and feeds all glands, GLANDULAR SYSTEM.....17.80
MEGA-CHEL - Cholesterol, heart, numbness, tiredness, CIRCULATORY SYSTEM 40.65
NUTRI-CALM - Insomnia, anti-stress, soothes, calms, NERVOUS SYSTEM.....27.60
SKL - Calcium/Magnesium for optimum calcium absorption, bones, leg cramps, STRUCTURALSYSTEM15.55
URY - Kidneys, bladder, sodium-potassium balance, URINARY SYSTEM 16.25

NATURAL CARE FOR HAIR, SKIN & NAILS

HSN-W- To promote hair & nail growth, healthy skin, can add kelp, sage or horsetail.....14.70
BP-X-Blood purifier, skin problems.....12.55
BP-C-Blood purifier, thin hair, shingles.....19.10
BETA-CAROTENE-Tan fast, eyes, prevents cancer.....19.20
HERBAL SHAMPOO - Improves the scalp & hair.....8.00
SKN-AV - Skin, acne, eczema, boils.....21.15
TEA TREE OIL - Fungus, acne, infection athletes foot13.05
ALOE VERA GEL - Scar tissue, burns, skin healer, etc 9.50
BLACK OINTMENT - Pulls toxins out of skin 11.00
GOLDEN SALVE - Skin healer, antibiotic.....13.70
PAU D'ARCOLOTION - Cancer, fungus, skin problems...10.20
JOJOBA OIL - Scalp & hair problems. 8.00
PEPPERMINT OIL - Fresh breath, digestion....7.65

HERBS FOR EXPECTANT MOMS-- historical uses:

AG-X - Gas, indigestion, belching, nausea.....13.00
BLESSED THISTLE - Increase mother's milk 10.65
BUTCHER'S BROOM - With White Oak Bark for hemorrhoids, varicose veins.....12.55
FLORA FORCE - Candida and yeast infection 19.50
FIVE -W - 5 weeks before delivery to tone uterus, give elasticity to birth canal 15.30
FOLIC ACID PLUS - Essential for health of fetus.....7.95
KELP - Essential during pregnancy, abundance of needed minerals 10.20
LBSII - Used with Psyllium to help constipation, non-habit forming 14.25
PRENATAL VITAMINS & MINERALS - 22.25
RED RASPBERRY - The pregnancy herb, nausea, diarrhea, gastritis.....12.55
SKL - Builds strong bones, teeth, insomnia...15.55
THREE - Mineral combination for anemia, pregnancy, GLANDULAR 12.30
SPIRULINA - High in protein.....16.45

Babies Like Herbs Too ! -- historical uses:

CATNIP & FENNEL-colic, gas, fever, hiccups.....16.00
CHEWABLE MULTI VIT. & MINERAL.....14.00
CHEWABLE BIFIDOPHILS-For healthy intestinal tract.....15.50
CHEW. ELDERBERRY-fights colds, cough viral infections.13.20
CHEWABLE CALCIUM - Strong bones & teeth.....15.50
LB EXTRACT - Constipation.....10.60
LOBELIA EXTRACT - Earache, congestion.....9.90
PAU D' ARCO LOTION - Diaper rash.....10.20
SLIPPERY ELM - Diarrhea.....10.90
CALMING - (homeopathic).....10.15
COLD - (homeopathic).....10.15
COLIC - (homeopathic).....10.15
COUGH SYRUP (homeopathic)....11.50
EARACHE - (homeopathic).....10.15
FEVER - (homeopathic).....10.15
TEETHING - (homeopathic).....10.15
ECHINACEA GOLDENSEAL-sore throat 18.90
VITAMIN E - Cradle cap.....

Lose Weight Naturally:

We help you design a Program

❑ THERMO-CHI

Thermogenesis Program To:

- Improve fat & thyroid metabolism
- Reduce appetite & cravings
- Improve body systems to get the weight off

\$38.75

❑ GARCINIA CHI

Keeps carbohydrates from turning to fat, etc.

\$38.35

What Is Your Body Type?

**LOSE WEIGHT NATURALLY WITH
SF (Skinny Formula) AND GLANDIET
(BALANCES GLANDS WHICH CAUSES WEIGHT GAIN)**

- ❑ Type A - (Adrenal) Removes fat in shoulders, chest.....7.70
- ❑ Type G - (Gonadal) Takes fat off hips, thighs, buttocks.....7.70
- ❑ Type P - (Pituitary) Helps remove all-over baby fat.....7.70
- ❑ Type T - (Thyroid) removes pot belly, "spare tire".....7.70

- ❑ **SF** - Body cleanser, boosts energy, balances blood sugar, digestion, reduces tension & food cravings, relieves water retention, expels worms, dissolves fat (**SF Tea w/Garcinia 18.90**).....**16.10**
- ❑ **CALOR** - 1 fl. oz., speeds metabolism by feeding thyroid so calories burn faster.....**10.15**
- ❑ **CHICKWEED** - Reduces appetite, dissolves fat, cholesterol, fatty tumors, curve appetite.....**14.40**
- ❑ **CHROMIUM** - Protects from diabetes and sugar snacking, burns fat not muscle.....**7.95**
- ❑ **FASTING PLUS** - Decreases desire to snack, gives energy.....**12.00**
- ❑ **FAT GRABBERS** - Helps absorb less fat, helps dissolve/emulsify fat & cholesterol.....**20.95**
- ❑ **GARCINIA COMBINATION** - Fat burner, appetite suppressant, decreases sugar craving.....**26.25**
- ❑ **KC-X** - (Can add Target TSII 25.80) - Strengthens thyroid to increase metabolism.....**11.95**
- ❑ **KELP** - Feeds thyroid to help take fat off hips.....**10.20**
- ❑ **SPIRULINA** - Contains protein, vitamins, minerals, reduces appetite and snacking.....**16.45**
- ❑ **AS** - Keeps sugar from being absorbed.....**17.00**
- ❑ **LBSII** - Cleanser, stool softener.....**14.25**
- ❑ **VITA-LEMON** - Weight loss drink.....**22.65**
- ❑ **APPETITE CONTROL** - 1fl oz.....**10.15**
- ❑ **THERMO-MEAL** - Meal replacement.....**28.95**
- ❑ **L-CARNITINE** - Fat burner, cellulite.....**16.20**
- ❑ **K-C** (with B-6) - Water retention.....**13.65**
- ❑ **NIACIN** (add Kelp) - Reduces cellulite.....**8.70**
- ❑ **TIAO HE CLEANSE** - Clean the colon for better weight loss.....**28.95**

MARRIED COUPLES ONLY -- historical uses:

- X-A PACK (ACHIEVE)** - Male energy, impotency, everything needed for male sex drive, prostate.....**29.95**
- X-A** - (with vitamin E) Sex rejuvenator, stimulant (male and female).....**17.70**
- GINSENG** - Impotency (with X-A, Zinc, and Vitamin E).....**Siberian 11.70...Korean 20.70**
- DAMIANA** - Frigidity, get pregnant (X-A and Vitamin E), hormone balance.....**10.45**
- NF-X** - Natural fertility, P.M.S., balances female hormones.....**22.20**
- MENS FORMULA** - Enlarged prostate, inflammation, frequent urination.....**28.90**

ATHLETES & BODY BUILDERS

- CHROMIUM** - Increases overall muscle strength and size.....**7.95**
- COQ10PLUS** - For that essential "quick release of energy from deep within".....**22.30**
- FITNESS PLUS** - Balance energy during workouts, quick recovery, endurance.....**11.70**
- FREE AMINO ACIDS w/ L-Carnitine** - Improve muscle mass, endurance, energy, healing.....**19.25**
- GINSENG** - Impotency/stimulant, endurance, energy, stress.....**Siberian 11.70...Korean 20.70**
- L-CARNITINE** - Burns up fat in muscles, heart & liver, Energy/Endurance.....**16.20**
- LH** - Lung healer, nutrition for lungs for top performance.....**11.70**
- NATURE'S CHI** - For super energy, stamina, natural no-doze, builder.....**23.55**
- PDA** - To aid in digestion for those on a high protein diet.....**15.45**
- SARSAPARILLA** - Testosterone, body building, impotency, hair growth, builder.....**10.80**
- SYNER-PROTEIN** - For greater muscle mass.....**19.55**
- SAFFLOWERS** - Helps eliminate buildup of uric acid, alleviate fatigue & muscle cramps after exercise.....**9.55**
- SUPER SUPPLEMENTAL** - Foundation mega-vitamin for athletes/stress.....**21.15**
- SUMA** - "For everything", physical stress, stamina, cancer, immune repair.....**13.60**
- TARGET ENDURANCE** - Muscle nutrition (minerals, vitamins, amino acids).....**20.30**
- TEI FUMESSAGE LOTION** - Deep-penetrating solution soothes aching muscles and stiff joints.....**12.55**

NEW PRODUCTS

- COLLOIDAL MINERALS (32 OZ.)**.....**\$30-\$54**

HERBS

REALLY WORK:

HISTORICAL USES OF SINGLE HERBS & COMBINATIONS*

1. They feed, regulate and cleanse the body naturally.
2. Were created for the use of man.
3. Do not build up in the body or produce harmful side effects like synthetic drugs.
4. These natural substances are the key to good health.



Try Herbs First From:

Health Connection, Mc
Farmers Market
900 Eighth Avenue North
Nashville, TN 37208
(615) 255-9567



# ALFALFA - Health builder, arthritis, fatigue, appetite, pituitary gland	\$ 9.55
ALGIN - Appetite control, fiber, helps eliminate heavy metals	14.95
BARLEY GREENS - Neutralize acidity, nutritional, energy	16.35
BAYBERRY - Bleeding (lungs, colon, excessive menstrual, uterine hemorrhage), polyps ..	14.50
BEE POLLEN - Allergies, quick energy, contains the amino acids, natural nodose	11.10
BILBERRY - Eyes, night vision, light sensitivity	21.30
BLACK COHOSH - Natural estrogen, hot flashes, bronchitis, nerves ..	9.85
BLACK WALNUT - Cleanses parasites and worms, skin rashes, lupus	9.75
BLESSED THISTLE - Takes oxygen to brain, senility, increases mother's milk	10.05
BLUE COHOSH - Easier childbirth, stops cramps/spasms, inc perspiration/urine	11.35
* * BLUE VERVAIN (liquid) - Asthma, colds, convulsions, epilepsy, expels worms, fever ...	15.10
BONESET - All kinds of fevers, flus, chills, colds, night sweats	13.65
BURDOCK - Reduces joint swelling/deposits, blood purifier, gout, poison ivy	10.60
BUTCHER'S BROOM - Improves circulation, phlebitis, leg cramps, varicose veins	12.30
CAPSICUM - Circulation to extremities, stroke, heart attack, bleeding, colds	9.15
CASCARA SAGRADA - Constipation, increase peristaltic action, gall bladder	9.55
CATNIP - Colic, nerves, cigarette craving, colds, flu, digestion, hiccups and gas	9.10
CHAMOMILE - Insomnia, improves appetite, drug withdrawal, nerves, stomach	9.70
CHARCOAL - Helps remove toxins, poisons, pollutants, bacteria, chemicals	13.35
CHICKWEED - Appetite depressant, burns fat, dissolves plaque from veins	13.30
CORN SILK - Kidney, bladder, bedwetting, painful urination, prostate	11.25
DAMIANA - Hormone balance, Parkinson's disease, get pregnant, frigidity	10.30
DANDELION - Anemia, liver, spleen, blood cleanser, age spots, hepatitis	9.45
DEVIL'S CLAW - Arteriosclerosis, arthritis, diabetes, liver, kidneys, bladder	14.70
DONG QUAI - Hot flashes, hormone balance, nerve tonic, "female ginseng"	19.75
ECHINACEA - Antibiotic, lymph system, builds white count, immune system	13.80
EYEBRIGHT - Improves vision, eye strain, cataracts, allergies, styes	15.25
FALSE UNICORN - Helps prevent miscarriage, male/female gland problems	19.30
FENNEL - Colic, gas, curb appetite, gall bladder, sedative (children), nerves	10.30

This information sheet is not intended to prescribe herbs and vitamins for specific health problems, but to educate the general public concerning the historical (tried and proven) uses of herbs and provide a reference tool for those who want to use herbs and vitamins to feed specific body systems. (Printed June, '91) (Ref. "Today's Herbal Health" and "NSP System Guide to Health").

Concentrated formulas available — 1 capsule equals four regular capsules

* 4 Kids Too

* * 4 Kids Too (Liquid)

#	FEVERFEW -Migraine headaches, muscular tension, intestinal worms	10.75
# *	GARLIC -Normalizes blood pressure, yeast and bacterial infections, colds	9.85
	GINGER - Expels gas, motion and morning sickness, flu, diarrhea, settles stomach	10.15
	GINSENG - Energy, stress, endurance, depression, impotency/stimulant	13.10
	GOLDEN SEAL - Infection, natural insulin, cleanses urinary system	14.80
#	GOTU KOLA - Brain food, memory (with capsicum), vitality, depression, senility	11.95
	GUGGUL LIPID - "Powerful cholesterol-lowering herb"	29.95
	HAWTHORN - Heart, rapid heart beat, angina, arrhythmias, blood pressure	9.45
	HO-SHOU-WU - Muscles, backache, nerves, stops premature graying, ligaments	12.25
	HOPS - Insomnia, nervousness, decreases desire for alcohol, hyperactive children	9.60
	HORSETAIL -Stops hair from falling out, stops split ends, nails, tumors	10.65
	HYDRANGEA - Arthritis, gout, kidney and bladder problems, dissolves stones	8.25
	JUNIPER BERRIES - Restores pancreas and adrenals, diuretic, dropsy, uric acid	10.80
	KELP -Thyroid, fingernails, complexion, goiter, helps take fat off hips	9.90
#	LICORICE -Adjust blood sugar, quick energy, cough, hoarseness, adrenals	10.05
* *	LOBELIA - Asthma, congestion, pneumonia, strong relaxant, pleurisy, lungs	9.75
	MARSHMALLOW - Bladder and kidney problems, bed wetting, inflammation	10.95
	MULLEIN - Nervous cough, lung and sinus congestion, T.B., lymphatic	10.60
	OREGON GRAPE - Jaundice, Lymes disease, staph infections, syphilis	15.90
	PARSLEY - Bad breath, blood builder, high in potassium, kidneys, diuretic	8.80
	PARTHENIUM - Antibiotic, lymph/blood purifier, immune system, similar to echinacea	10.65
	PASSION FLOWER - Eye infection and tension, stress, headaches, sleep, alcoholism	9.70
	PAU D'ARCO - Cancer, leukemia,, tumors, yeast infection	11.80
	PEPPERMINT OIL - Digestion, queasiness, nerves	7.00
	PSYLLIUM HULLS - Scrubs colon, best fiber, diverticulitis, colon blockage	8.65
*	RED CLOVER - Cancer, tumors, skin problems, relaxes nerves, spasms	11.80
	RED RASPBERRY -Nausea, diarrhea, canker sores, female organs, childbirth	11.10
#	ROSE HIPS - Natural vitamin C complex, colds, infections, blood purifier, flu	9.10
	SAFFLOWERS - Gout, hydrochloric acid for digestion, reduces cholesterol	9.25
	SAGE - Stimulates hair growth, improves memory, sore gums and throat, nerves	10.80
	SARSAPARILLA - Testosterone, body building, impotency, hair growth	10.35
	SAW PALMETTO - Breast builder (small or saggy), colds, rids mucus, glands	11.85
* *	SLIPPERY ELM - Acid stomach, digestion, diaper rash, hiatal hernia, ulcers	10.60
	SPIRULINA - Reduce appetite and snacking, natural amino acid, high B12 source	16.20
	UVA URSI - Spleen, bladder and kidney infections, diabetes, gonorrhea, cystitis	10.35
	VALERIAN - Natural tranquilizer, pain, muscle spasms, nerves, promotes sleep	10.20
-	WHITE OAK BARK - Hemorrhoids and bleeding, varicose veins, pyorrhea, pin worms	9.75
	WOOD BETONY - Relaxes nerves (head and neck), migraine headaches (with feverfew)	9.15
	YARROW - Obstructed perspiration, nosebleeds, chicken pox, colds/fever/flu	9.55
-	YELLOW DOCK - Anemia, blood purifier, itching, liver, skin problems, poison ivy	9.55
	YERBA SANTA - Asthma, colds, hay fever, bronchial congestion	11.50
	YUCCA - Natural cortisone, arthritis, reduces joint inflammation, skin problems	12.30

KEY SYSTEMS PRODUCTS

	CIRCULATORY: MEGA-CHEL - Cholesterol, heart, numbness, tiredness	39.45
—	DIGESTIVE: PDA/FOOD ENZYMES - Indigestion, gas, belching, hiatal hernia, heartburn, bad breath, bloating	15.30/20.70
	GLANDULAR: MASTER GLAND - Adrenals, ovaries, pancreas, pituitary, testes, thymus, thyroid	16.90
	IMMUNE: DEFENSE MAINTENANCE - Colds/flu/disease resistance builder	21.40
	INTESTINAL: BOWEL BUILD - Bowel regularity, protection from cancer	19.05
	NERVOUS: NUTRI-CALM - Insomnia, antistress, soothes, calms	27.30
	RESPIRATORY: ALJ - Lungs, sinuses, allergies, coughs, asthma	10.60
	STRUCTURAL: SKL - Neuritis, PMS, mitral valve, carpaltunnel, menopause, MS	14.20
	URINARY: URY - Kidneys, bladder, urethra, prostate	15.15

MARRIED COUPLES ONLY

	X-A - (add vitamin E) - Sex rejunvenator, stimulant (male and female)	17.20
	GINSENG - Impotency (add X-A and vitamin E), energy, stress, endurance	13.10
	DAMIANA - Frigidity, get pregnant (add X-A and vitamin E), hormone balance	10.30
	MEGA-CHEL - High cholesterol, heart problems, numbness, circulation to extremities	39.45
	ACHIEVE - Men only, X-A plus yohimbie & more	29.95

HERB COMBINATIONS

5-W - Last 5 weeks of pregnancy, easier childbirth, REPRODUCTIVE SYSTEM	14.80
ACHIEVE - Men only, X-A with yohimbe and more, GLANDULAR SYSTEM	29.95
AG-X - Gas, indigestion and bloating formula, DIGESTIVE SYSTEM	12.55
* * ALJ - Lung and sinus congestion, allergies, cough, RESPIRATORY SYSTEM	10.60
APSII - Herbal aspirin, pain, relaxant, headaches, NERVOUS SYSTEM	13.00
— ARTEMISIA COMB - Parasite cleanse, INTESTINAL SYSTEM	12.90
BLG-X - Gas, liver, gall bladder, pancreas, spleen, dizziness, DIGESTIVE SYSTEM	13.35
BON-C - Comfrey substitute, for bones, wounds, breaks, irritation, inflammation	11.70
# BP-X - Blood purifier, poison ivy/oak, acne, psoriasis, CIRCULATORY	12.00
BRN-AV - Bronchitis, asthma, lungs, "if you won't quit smoking", RESPIRATORY	20.70
C-X - Hormone balance (with Black Cohosh), menopause, hot flashes, GLANDULAR ...	12.25
# CA - Arthritis, bursitis, osteoporosis, sciatica, SKELETAL	12.75
CAPSICUM/GARLIC/PARSLEY - High blood pressure, cholesterol, CIRCULATORY	11.55
CATNIP & FENNEL - Colic, gas, fever, decrease desire for cigarettes, NERVOUS	16.00
* CC-A - Common cold, flu, infection, cough, sinus, chills, fever, RESPIRATORY	13.95
* * CC-A w/YERBA SANTA - Common cold, flu, etc., plus deep coughs, weakened lungs ...	14.70
CC-A RELIEF - Contains CC-A, IGSII, ALJ for fast R-E-L-I-E-F, RESPIRATORY	28.25
CLT-X - Colitis, INTESTINAL SYSTEM	12.20
* CRANBERRY/BUCHU - Kidneys, bladder, urethra, infection/irritation	20.00
E-TEA - Cancer, tumors, tonic, blood builder, IMMUNE SYSTEM	24.40
# EIGHT - Reduces nervous tension, anxiety, stress, restores, NERVOUS SYSTEM	11.85
* * ECHINACEA /GOLDEN SEAL - Viral infections, sore throat, natural antibiotic	18.55
ELECAMPANE COMB. - Parasites, natural insulin, expels phlegm, RESPIRATORY	12.60
ENERG-V - Energy herbs (ginseng, bee pollen, barley grass, rosehips, etc.) ENERGY ..	16.05
ENERG-V PACK - Improved energy/response to stress, cope with hectic lifestyle	37.95
— EW - Eye infection, improves vision, cataracts (make eye wash), glaucoma, EYES	17.40
FC with DONG QUAI - Menstrual problems, cramps, uterus, GLANDULAR SYSTEM ...	13.50
FCSII - Female corrective for excess uterine bleeding, GLANDULAR SYSTEM	13.60
FENUGREEK & THYME - Migraine/sinus headache, dissolves mucus, RESPIRATORY ..	10.15
FITNESS PLUS - Athletes/invalids tonic, strength, endurance, energy, ALL SYSTEMS ..	11.50
FOUR - Asthma, bronchial and food allergies, laryngitis, RESPIRATORY SYSTEM	13.95
FV - Flu, headaches, vomiting, nausea, motion sickness, IMMUNE SYSTEM	15.25
GC-X - Circulation to warm extremities, regulate high and low blood pressure, CIRC.	13.15
# GGC - Energy and endurance, relieves depression, improves memory, BUILDER	16.05
* GINKGO/GOTU KOLA - Memory, learning ability, heart, nervous breakdown, senility ...	32.55
GINKGO/HAWTHORN - Brain, heart, ringing in ears, vertigo, CIRCULATORY	11.40
* * GOLDEN SEAL/PARTHENIUM - Viral infections, sore throat, natural antibiotic	17.25
GUGGUL ADVANTAGE - Guggul (see singles), Mega-chel, Omega3 EPA, black currant oil	40.25
HERBAL BEVERAGE - Coffee substitute	9.15
— HERBAL PUMPKIN - Parasites, tumors, cleanses prostate and bowels, INTESTINAL ...	13.50
HSII - Strengthens and feeds the heart, cleanses blood vessels, helps CIRCULATORY ..	11.95
# HVS - Promotes natural sleep, relaxant, stress, muscle tension, NERVOUS SYSTEM ...	12.10
HY-A - Hypoglycemia (low blood sugar), energy, rebuilds adrenals, GLANDULAR	14.50
I-X - Aids iron absorption, anemia, fatigue, styes, BUILDER	9.40
IGSII - Natural antibiotic, infection fighter (Hypoglycemics use HIGSII) IMMUNE	12.70
IN-X - Ear infection, fever, flu, sore throat, tonsillitis, IMMUNE	17.40
# JNT-A - Arthritis, joint stiffness, bursitis, gout, SKELETAL SYSTEM	16.75
JNT - AV - Arthritis pain/swelling, stop joint degeneration, SKELETAL SYSTEM	20.70
JP-X - Kidney infection, strengthen and cleanse kidney/bladder, URINARY	13.65
# K - Bladder and kidney problems, bed wetting, strengthens entire URINARY SYSTEM ..	11.85
KC-X - Enlarged thyroid / lymph glands, increase metabolism, GLANDULAR	11.70
LB-X - Lower bowel stimulant, laxative, INTESTINAL SYSTEM	14.25
LBSII - Stool softener, constipation, bad breath, cleanses INTESTINAL SYSTEM	12.75
LH - Corrects problems in lungs and bronchials (Add ALJ), RESPIRATORY SYSTEM ...	11.40
LIV-J - Blood detox, cleanser and strengthener of gall bladder, spleen, LIVER	13.80
LOCLO - Heart, cholesterol, 3 grams fiber per serving, CIRCULATORY	23.80
MARSHMALLOW & FENUGREEK - Expel lung mucus, emphysema, RESPIRATORY ..	12.60
MARSHMALLOW & PEPSIN - Expels mucus for better food consumption, INTESTINAL ..	10.90
MEN'S FORMULA - (pygeum, saw palmetto, stinging nettle, zinc) Prostate, 40 & over ...	28.20
MIND-MAX - (ginkgo, ginseng, gotu kola), "Brain Tonic," memory, circulation	33.55
NBS-AV - Normalize blood sugar, AyurVedic formula	20.70
NF-X - Endometriosis, menopause, teen menstrual problems, GLANDULAR	20.25
P-14 - Blood sugar problems, diabetes, rebuilds and strengthens PANCREAS	16.75

P-X - (add Herbal Pumpkin) Prostate, kidney stones, urinary infection, impotence	13.65
PAPAYA-MINT - Digestion, sour stomach, bad breath, DIGESTIVE SYSTEM	9.75
PAU D'ARCO POWER PACK - Pau d'arco, E-tea, SC (shark cartilage), IMMUNE	41.95
PBS - Pancreas and blood sugar problems, GLANDULAR	16.65
PLSII - Bone knitter, internal and external wounds, ulcers, arthritis, NERVOUS SYSTEM ..	14.80
PSII - Swelling, inflammation, prostate, URINARY SYSTEM	11.55
RE-X - Anxiety, hyperactivity, insomnia, nervous breakdown, stress, NERVOUS SYSTEM	11.55
SC-SHARK CARTILAGE - Cancer, arthritis, glaucoma, enteritis, IMMUNE	38.50
SENNA COMBINATION - Chronic constipation, stubborn bowels, INTESTINAL	13.95
SN-X - Sinus problems, natural antihistamine, allergies, upper RESPIRATORY	13.65
SPECIAL FORMULA #1 - Cancer, parasites, tumors, polyps, ALL SYSTEMS	14.20
STRESS PACK - "Makes the stress just all go away", ALL SYSTEMS	29.95
* * STR-J - Stress, spastic colon, muscle spasms, prevent migraines, NERVOUS SYSTEM ..	11.80
SUMA - "For everything", physical stress, stamina, cancer, immune, repair, IMMUNE SYSTEM	13.35
THIM-J - THymus+Immune, AIDS, tumors, candida, Epstein-Barre, IMMUNE SYSTEM ...	12.75
THREE - Anemia, pregnancy, pets, multi vit-min combination, ALL SYSTEMS	12.00
TSII W/HOPS - Regulates thyroid (hyper-over active/hypo-under active), GLANDULAR ...	12.00
UC3J - Colitis, ulcers, Crohn's disease, abdominal pain, inflamed INTESTINAL	9.00
* * VAL - Seizures, stress, anxiety, nerves, NERVOUS SYSTEM	9.60
WILD YAM/CHASTE TREE - Female glands, pituitary, hot flashes (add Target TSII)	13.20
X-A - Sex rejuvenator and stimulant, hormone balance (male and female) GLANDULAR ..	17.20

CHINESE HERBAL COMBINATIONS

AD-C - Anti-depressant, fatigue, neurosis, PMS, depression	17.35
AG-C - Anti-gas, indigestion, bloating, gastroenteritis, clears stagnant food	19.30
AL-C - Allergies and lungs, sinusitis, bronchitis, emphysema, asthma, common cold ...	13.45
BP-C - Blood purifier/builder, hepatitis, cirrhosis, chronic liver dysfunction	18.75
CHINESE 10-DAY PARA-CLEANSE - Parasite/worm cleanse	19.65
CHINESE 10-DAY TIAO HE CLEANSE - Over all body cleanse. Great diet start	28.25
CHINESE DEFENSE SHIELD - 14-day builder for chronic poor health, weakness, AIDS ..	28.25
HS-C - Strengthens and stimulates heart, angina pain, palpitations, exhaustion	16.35
HY-C - Hypoglycemia, diabetes, dry cough, thirst, night sweats, builds liver and pancreas	14.00
IF-C - Anti-inflammatory, hemorrhoids, gallstones, hepatitis, chipping nails	15.15
IMM-C - Rebuilds immune system, restores energy, corrects polarity	17.70
KB-C - Kidneys, arthritis, heavy legs, strengthen/rejuvenate bones and sex organs	18.60
K-C - Diuretic, urinary infection, nephritis, postatitis, edema in legs and chest	13.20
LH-C - Lung healer, lymph, asthma, wheezing, emphysema, chronic cough/bronchitis ...	17.70
LIV-C - Acute liver problems, hepatitis, gallstones, anemia, cleanse liver	15.45
NATURE'S CHI - Builder, super energy, stamina, no-doze, dispels sugar cravings	22.80
STR-C - Stress, calms nerves, insomnia, neurosis, paranoic, hyperventilation	18.75
TEI FU OIL - Relieves pain on contact (headaches, sinus, sprains, muscles, toothache) ..	7.95
UC-C - Ulcers, stomach, colitis, hernia, rejuvenate digestive tract, antiseptic	17.95
* * VS-C - Canker/cold sores, shingles, viruses, AIDS, herpes simplex, cancer, immune	13.95

HOMEOPATHICS

Cough Syrup 4 fl. oz. \$11.15. All others 1 fl. oz. \$9.80

Acne	Detoxification	Inflammation	PMS/Menopause
Asthma	Diarrhea	Influenza	Prevention (colds)
Allergy	Eczema /Psoriasis	Injuries	Rashes
Arthritis	Exercise	Insomnia	Rheumatism
Bedwetting	Fatigue	Lymphostim	Sciatica
Bladder	Feminine Tonic	Masculine Tonic	Sinus
Candida	Fever	Menstrual	Sore Throat
Cold	Gout	Migraquel	Sprains and Pulls
Cold Sores	Headache	Nausea/Vomiting	Tobacco Detox
Cough	Hemorrhoids	Nervousness	Varicose
Constipation	Incontinence	Pain	Vigor/Vitality
Depressaquel	Indigestion	Parasite	Viral Recovery

100% NATURAL VITAMINS & MINERALS

ACIDOPHILUS - Restores friendly bacteria after antibiotics, essential to healthy colon	17.20
ACTIVASE ENZYME - Makes all other herbs up to 19% more effective	19.65
AMINO ACIDS - (See SYNERPROTEIN)	
ANTIOXIDANT ARSENAL W/ PYCNOGENOL - AIDS, CFS, Epstein Barr	35.95
AROMIN DAY - Liquid minerals, energizing	41.80
AROMIN NIGHT - Liquid minerals, relaxing	41.80
BETA CAROTENE - Tan faster, healthier eyes & skin, cancer prevention	17.85
BLACK CURRANT OIL - Candida, dermatitis, herpes, psoriasis, alcoholism	22.35
CALCIUM W/MAG. & VIT. D - Arthritis, colitis, fever, fractures, leg cramps, sunburn	14.85
CAPRLYLIMUNE - Fights harmful candida, builds immune system	19.30
CHROMIUM - When deficient is the suspected cause of diabetes & high blood pressure	7.75
CO-QIO PLUS - Antioxidant, all heart problems, Alzheimer's, tumors, cancers, aging	22.80
GERMANIUM - Memory, Alzheimer's, AIDS, tumors, cancer, syphilis, emphysema	25.05
HI-LIPASE - Cholesterol, after gall bladder surgery, digest fat/oil, acid stomach	20.20
HYDRATED BENTONITE - Deep colon cleanser	15.30
IRON (chelated) - Itching, irritability, hair loss, vitality, depression	10.30
LACTASE PLUS - Milk allergies, gas, bloating, digest dairy products	28.75
LECITHIN - Heart, arteries, nervous system, brain, cholesterol	20.55
LEGUZYME - Gas, bloating, acid stomach, digest beans, broccoli, cabbage, etc.	20.20
L-GLUTAMINE - Alcohol craving, fatigue, menopause, senility, aging	10.90
L-LYSINE - Shingles, cold sores, mononucleosis, candida	10.90
LIV-GUARD - Liver, hepatitis, alcoholism, age spots, jaundice, allergies, acne	22.80
LYMPHOMAX - Swollen glands, tonsillitis, body tonic, mastitis, immune system	14.65
MAGNESIUM - Laxative, alcoholism, depression, kidney/gall stones, arrhythmias	9.85
MINERAL MAINTENANCE - Arthritis, hair, skin, energy, emphysema, insomnia	15.85
MONTHLY MAINTENANCE - PMS, menstrual problems, mood swings	23.00
NIACIN/VIT. B-3 - Migraines, cholesterol, depression, hostility, digestion, skin	8.70
OMEGA-3 EPA - "Good fats" for health of veins, arteries, heart, arteriosclerosis	18.30
PANTOTHENIC ACID/VIT. B-5 - Stress, fatigue, old age appearance, gray hair	12.60
POTASSIUM - Heart beat, nerves, dry skin, thirstiness, insomnia, reflexes	13.15
PROTEIN - (SEE SYNERPROTEIN)	
PROACTAZYME - Gas, bloating, acid stomach, break down difficult-to-digest foods	21.70
PYCNOGENOL - Strokes, heart attack, prostate, arthritis, hyperactives	28.80
SUPER SUPPLEMENTAL - Multi-vitamin/mineral, anorexia, pregnancy	19.80
SYNERPROTEIN - Amino acids, weight training, hypoglycemia, manic depression	19.35
TARGET ENDURANCE - Dyslexia, pituitary, tendonitis, builds muscle, endurance	20.10
TARGET P-14 - Pancreatitis, diabetes	21.30
TARGET TSII - Hair loss, hypothyroidism, goiter	25.80
VITAMIN A & D - Skin, hair, blackheads, infection, vision, the antibiotic vitamin	11.10
VITAMIN B COMPLEX - Nervous system, fatigue, mental problems, muscles, hyperactives, destroyed by antibiotics, birth control pill, coffee, sugar, refined foods	13.30
VITAMIN B-6 - Pregnancy nausea, carpal tunnel, leg cramps, anemia, PMS, edema, burning feet, prevents tooth decay, sore lips/tongue, whiteheads	9.75
VITAMIN B-12 - Balance/coordination, pernicious anemia, body odors, sore tongue	7.80
VITAMIN C - Allergy crisis, bruising, nosebleeds, phlebitis, loose teeth, staph infections	10.90
VITAMIN E - Heart, fertility, circulation, liver, muscles, menopause, skin, loss of sexual interest, miscarriages, speeds wound healing	19.20
ZINC - Taste/smell loss, prostate, needed to repair injured tissue	8.95

BABIES/CHILDREN

ALOE VERA GEL - Skin irritation	9.25	CALMING (homeopathic)	9.80
CATNIP & FENNEL - Colic, gas, fever	16.00	COLD (homeopathic)	9.80
CBG EXTRACT - Colds, earaches	16.35	COLIC (homeopathic)	9.80
LB EXTRACT - Constipation	10.20	COUGH SYRUP - (homeopathic)	9.80
LOBELIA EXTRACT - Teething, congestion	9.60	EARACHE- (homeopathic)	9.80
PAU D'ARCO LOTION - Diaper rash	9.90	FEVER- (homeopathic)	9.80
SLIPPERY ELM - Diarrhea	10.60	TEETHING - (homeopathic)	9.80
CHILDREN'S CHEWABLE MULTIPLE VITAMINS PLUS IRON			13.30
CHILDREN'S LIQUID MULTIPLE VITAMINS PLUS IRON			13.20
CHILDREN'S CHEWABLE ANTIOXIDANTS WITH PYCNOGENOLS -			17.70
CHEWABLE BIFIDOPHILUS FOR KIDS - Intestinal "good bacteria"			14.80
CHILDREN'S CHEWABLE ELDERBERRY PLUS -Coughs, colds, viral infections			13.20

LOSE WEIGHT NATURALLY
(Design Your Own Program - Choose/Add/Alternate)

THERMO-CHI™

PROGRAM

• NO DRUGS • NO CAFFEINE

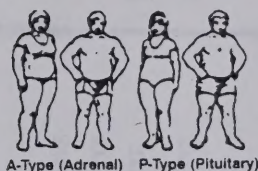
Thermogenesis is the process of raising body temperature to speed up the body's metabolism which increases the burning of fat.

Recommendation: Take 2 weeks - Rest 1 week



THERMO-CHI - 14 Day weight loss for men & women	37.95
THERMO-MAX - (liquid) - Continued fat-burning activity between meals	14.70
THERMO-MEAL - Balanced weight-loss meal replacement (van, choc)	26.95

SF (SKINNY FORMULA)



A-Type (Adrenal) P-Type (Pituitary)

and
**BODY
TYPE
PROGRAM**



T-Type (Thyroid) G-Type (Gonadal)

# SF - Body cleanser, boost energy, balances blood sugar, digestion, reduces tension, reduces food cravings, relieves water retention, expels worms, dissolves fat.....				15.00	
TYPE A - Removes fat in shoulders, chest		7.10	TYPE P - Helps remove all over baby-fat		7.10
TYPE G - Takes fat off hips, thighs, buttocks		7.10	TYPE T - Removes pot belly, "spare tire"		7.10
GLANDIET BEVERAGE - Complete meal replacement, vanilla				25.30	

GARCINIA-CHI

PROGRAM

GARCINIA-CHI - Stops excess sugar starch absorption.....	38.20
SF TEA -W Garcinia - Diet tea, avoid snacking	17.70
THERMO-MEAL - Balanced weight-loss meal replacement (van. choc.)	26.95
APPETITE CONTROL	9.80
CALOR-Burn calories, energy	9.80
L-CARNITINE - Fat burner	16.20
CHICKWEED - Reduces appetite, dissolves fat, cholesterol, fatty tumors	13.30
CHROMIUM - Protects from diabetes and sugar snacking	7.75
FASTING PLUS - Decreases desire to snack, gives energy (compulsive eaters and Comb. 8)	11.85
KC-X (Add Target TS II) - Strengthens thyroid to increase metabolism	11.70
GARCINIA COMB - (Garcinia, chromium, L-Carnitine, chickweed) Weight loss	26.00
CHINESE 10-DAY TIAO HE CLEANSE - Over all body cleanse. Great diet start	28.25
AS - Appetite suppressant	16.80
K-C - (add parsley) - Water retention	13.20
NIACIN - (add kelp) - Reduces cellulite	8.70

NATURAL CARE FOR HAIR, SKIN AND NAILS

HSN-W - To promote hair & nail growth, healthy skin. Add kelp, sage or horsetail	13.15
SKN-AV - Blood purifier for acne, eczema, psoriasis, boils & zits	20.70
ALOE VERA GEL - Scar tissue, etc.	9.25
BETA CAROTENE- Tan fast, eyes, prevent cancer	17.85
TEA TREE OIL - Fungus, acne	12.60
CAPSAICIN GEL - Pain relief from arthritis, back/muscle ache, shingles, herpes	12.95
HERBAL TRIM - Bruises, burns, cellulite, diabetic sores, pain (bug bites/stings, torn ligaments, shingles, sunburn)	11.10
BLACK OINTMENT - Pulls toxins out.	10.45
GOLDEN SALVE - Healing/antibiotic.....	13.45
PAU D-ARCO LOTION - Cancer, fungus	9.90

MAIL ORDERS ADD \$4.00 SHIPPING

LOSE WEIGHT NATURALLY
(Design Your Own Program - Choose/Abolish)

THE THERMO-CHI

PROGRAM

NO DRUGS • NO CAFFEINE

Thermogenetic is the process of burning body
fat and converting it into energy. This is the
process which the body uses to burn fat.

Recommendation: Take 2 weeks - Last 2 weeks

THE THERMO-CHI - 10 Day weight loss for most women
THE THERMO-CHI - 10 Day weight loss for most men
THE THERMO-CHI - 10 Day weight loss for most children

2F (SKINNY FORMULA)

and

BODY
TYPE



2F - Body Type 1 - 10 Day weight loss for most women
2F - Body Type 2 - 10 Day weight loss for most women
2F - Body Type 3 - 10 Day weight loss for most women
2F - Body Type 4 - 10 Day weight loss for most women

GARCINIA-CHI

PROGRAM

GARCINIA-CHI - 10 Day weight loss for most women
GARCINIA-CHI - 10 Day weight loss for most men
GARCINIA-CHI - 10 Day weight loss for most children

APETITE CONTROL - 10 Day weight loss for most women
CARBON DIOXIDE - 10 Day weight loss for most women
L-CARNITINE - 10 Day weight loss for most women
CHICKEN WINGS - 10 Day weight loss for most women
CHICKEN WINGS - 10 Day weight loss for most men
CHICKEN WINGS - 10 Day weight loss for most children
CHICKEN WINGS - 10 Day weight loss for most women
CHICKEN WINGS - 10 Day weight loss for most men
CHICKEN WINGS - 10 Day weight loss for most children

NATURAL CARE FOR HAIR, SKIN AND NAILS

HAIR - 10 Day weight loss for most women
SKIN - 10 Day weight loss for most women
NAILS - 10 Day weight loss for most women
HAIR - 10 Day weight loss for most men
SKIN - 10 Day weight loss for most men
NAILS - 10 Day weight loss for most men
HAIR - 10 Day weight loss for most children
SKIN - 10 Day weight loss for most children
NAILS - 10 Day weight loss for most children

MAIL ORDERS ADD \$4.00 SHIPPING

EATING THE RIGHT FOODS TO FIGHT HIV A FOOD GUIDE FOR AFRICAN AMERICANS

G R O W T H	Nutrient Group	Food	Serving size	Serving per day
	Vegetable Protein	kidney or navy beans, cooked pinto beans, cooked black -eyed peas, cooked	2/3 cup 2/3 cup 2/3 cup	4 or more Liver also counts as one serving of Vitamin A.
	Animal Protein	eggs beef rabbit, venison chicken, turkey whiting, porgy, flounder tuna, red snapper	2 3 oz 3 oz 3 oz 3 oz	
	Protein Calcium	sardines canned salmon yogurt, milk	2 medium 4 oz 1 cup	2 or more Sardines, canned salmon, yogurt, soy milk and these vegetables are good sources of calcium if you cannot digest milk products
	Vegetable Calcium	kale, spinach, cooked broccoli, cooked turnip and beet greens, collards and mustard greens cooled	1 1/2 cup 1 1/2 cup 1 1/2 cup 1 1/2 cup	

A COLLABORATIVE PROJECT WITH GODS LOVE WE DELIVER AND AIDS PREVENTION TEAM

APT/BGLLF
1219 SO. LA BREA AVE.
LOS ANGELES, CA 90019
213•964•7820

E N E R G Y	Nutrient Group	Food	Serving size	Serving per day
	Complex Starches	yam, sweet potato, baked	1/2 cup	8 or more People who are HIV + and healthy may need fewer serving to maintain their weight.
		white potato, baked	1/2 cup	
		brown rice, baked	1/2 cup	
		wild rice	1/2 cup	
		tofu	1 oz	
		plantain, baked	1/2 fruit	
		whole wheat or six grain bread	1 slice	
		cornbread	2"x2" square	
Y	Simple Sugars	spaghetti, corn pasta	1/2 cup	Add these to your meal plan to gain weight.
		whole wheat pasta	1/2 cup	
		oatmeal, grits cooked	1 cup	
Y	Fat & Oils	cream of wheat	1 cup	Eat moderate amounts.
		whole wheat pancakes	1 large	
Y	Simple Sugars	jams, honey, molasses, rice syrup		Add these to your meal plan to gain weight.
Y	Fat & Oils	conola oil, butter, olive oil		Eat moderate amounts.
		cold-pressed safflower sesame oil turkey bacon		

API/BCIIF
 1219 SO. LA BREA AVE
 LOS ANGELES, CA 90019
 213•964•7820

P R O T E C T I O N	Nutrient Group	Food	Serving size	Serving per day
	Vitamin C	orange, grapefruit juice mango nectar orange, mango, tangerine strawberries, raspberries kiwi broccoli, raw or cooked green pepper, raw tomato, raw	1 cup 1 cup 1 medium 1 cup 1/2 cup 3/4 cup 3/4 cup 1 medium	1 or more
	Vitamin A	dark orange or yellow squash orange sweet potato spinach, collard, mustard greens kale, turnip, beet greens Swiss chard, raw carrots, carrot juice mango cantaloupe or honeydew	1 cup 1 medium 1 cup 1 cup 1 cup 1 cup 1 medium 1/4 melon	1 or more
	Other Fruits & Vegetables	apple, pears, peaches grapes, raisins fruit cocktail V-8 juice pineapple, bananas watermelon succotash, cucumber beets, lettuce	leeks, parsnips eggplant, lima beans green string beans yellow wax beans onions, okra corn, cabbage green peas mushrooms	2 or more

N	1	2	3	4	5
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3	4	5	6	7	8
4	5	6	7	8	9
5	6	7	8	9	10

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AIDS PREVENTION TEAM

1219 South LaBrea Ave
Los Angeles Ca 90019
(213)-964-7820

USES OF VITAMINS/MINERALS/HERBS

ALLERGIES:	Quercitin, potassium, Km
ANEMIA:	Iron, Dong Quai, Alfalfa, Molybdenum, Copper, B12 Cobalt
ANOREXIA:	Jarrow Pak Plus, Acidophilus, Zinc
ANTI-AGING:	Selenium, Vitamin E
ANTI-COAGULATNT:	Vitamin E
ANTIBIOTIC:	Echinacea
ANTIBODY PROD	DMG, Shii-Lim, B-5
ANTI-VIRAL:	Dr. Nagel's Anti-Virals, Psychotonin, Shii-Lem, Aloe Vera
ARTERIOSCLEROSIS:	Lecithin, Garlic, Enzymes, Selenium, Vitamin E Vitamin C, Coenzyme Q10 Germanium, DMG, Ginseng, Cayenne Gingko
ARTHRITIS:	GLA, S.O.D. , Yucca, Alfalfa, Cayenne
ASTHMA:	Vitamin A, B, Complex, B5, B6, B12, Vitamin E
ATHLETE'S FOOT:	Acidophilus, Garlic, Pau D' Arco
BACKACHE:	Bone-Up, DLPA, Magnesium, Mineral 1:3
BACTERIAL INFEC:	Sulfur
BAD BREATH:	Chlorophyll, charcoal, Niacin
BALANCE:	B12
BEDSORES:	Vitamin E, Zinc, Copper< Goldenseal, Pau D' Arco
BLADDER INFEC:	Acidophilus, Vitamin C, KB, Marshmallow, Burdock
BLOOD CLOTTING:	Vitamin E
BLOOD PRESSURE:	Potassium, Ginseng, Niacin, Vitamin E, Chromium
BONE MAINTENANCE:	Calcium Phosphate, Vitamin D, Bone-Up, Calcium, Magnesium

BRAIN FUNCTION:	Mind body Algae, Ginkgo Bilobo, Zinc, gotu, Kola, GOLDENSEAL, Potassium, B12, chorine
RONCHITIS:	Vitamin C, Vitamin E
BURNS:	KS, Potassium
CANDIDA:	Yeast Fighters, Capri-Gar, Pau D'Arco, Fenugreek
CANKER SORES:	Folic Acid, Vitamin B, Iron
CARDIOVASCULAR :	Co-enzyme Q10, Germanium
CHOLESTEROL:	Cholestrex, Niacin, Oat Bran, Lecithin
CIRCULATION:	L-Carnitine, chlorophyll, Cayenne, niacin, Ginseng
COLD/FLU:	Vitamin C, Zinc, Garlic, Beta Carotene, Wellness Formula
COLON CLEANSE:	Sonne's #7 & #9, Beet Fiber, Psyllium Husk, Jarrowdophilus, Potassium
COJUNCTIVITS:	Vitamin D
CONSTIPATION:	Alow Vera Juice, Ultrabifidus, Sonn's #7 & #9
DANDRUFF:	Selenium Synergy, Kelp, GLA
DEHYDRATION:	Willard's Water, Sodium
DEPRESSION:	Psychotonin, Magnesium, Calms Forte, Nerve Tonic
DERMATITIS, RASH:	Black Ointment, B Complex
DIABETES:	Chromium, Ginseng, L-Carnitine, L-Glutamine
DIZZINESS:	Manganese, B12
DRUG DETOXIFICATION:	B-Complex, B12 Niacin, Vitamin C
EARACHES:	Garlic
ENERGY, FATIGUE:	Psychotonin, Mind-Body Algae, Sprulina, Km
EPILEPSY:	L-Taurine, L-Tyrosine, Magnesium, B6, B12
EPSTEIN-BARR VIRUS:	H-N-L-E-L, GLA-125, Primrose Oil
EYESIGHT:	L-Glutathione, Eyebright, Goldenseal, Beta Carotene, B2
FEVER:	Alfalfa, Astragalus, Beta Carotene, Vitamin C
FINGERNAILS:	Zinc, B2, Iodine

MOTION SICKNESS:	Charcoal, Ginger, Magnesium, B6
MUSCLE SPASMS:	Myoplex, B6, Biotin
NAUSEA:	B6
NERVOUS SYSTEM:	B-Complex
PANCREATITIS:	Pancreatin, Chromium
PARASITES:	Garlic, Folic Acid
RED BLOOD CELLS:	Astragalus, Iron, Dong Quai
RETROVIRAL INFEC:	Dr. Nagel's Anti-Virals, Quercitin, H-N-L-E-L, Aloe Vera
SCURVY:	Vitamin C
SEASICKNESS:	B1
SINUSITIS:	Aloe Vera Beverage, Sinusitis
SKIN:	Beta carotene, Vitamin E, PABA
SPLEEN:	Astragalus
STOMACH:	Stomach Tabs, Comfrey/Pepsin, Fenugreek, Stomach Glandular
STRENGTH/ENDURANCE:	Mind-Body Algae, Spriulina, Amino Acids, Chlorella, Spirulina, B Complex, Huge, Gainer's Fuel
TASTE BUDS:	Zinc
TINGLING:	B5
TISSUE REPAIR:	L-Leucine, L-Valine, Beta Carotene, Selenium
TOOTH DECAY :	Fluorine, Phosphorous, Magnesium
VARICOSE VEINS:	DMG
VERIGO:	DMG, B Complex, Niacin, Vitamin C, Vitamin E
WEIGHT GAIN:	Gainer's Fuel, Hug, Folic Acid, Catnip, Fennel, Ginger, Gotu Kola, Papaya, Peppermint
WEIGHT LOSS:	Stop drops, Alfalfa, Dieter's Tea
WOUND HEALING:	Zinc, Vitamin C
WHITE BLOOD CELLS :	Ecomer

GALLSTONES:	Magnesium
GOUT:	B-Complex, B5, Folic Acid, Vitamin C
GROWTH:	B1, B2, Calcium, Magnesium
GUMS	Vitamin C, Ipsab Herbal Gum Treatment
HAIR HEALTH:	Choline/Inositol, Beta Carotene, PABA, Iodine, Sulfur
HEADACHES:	DMG, Niacin, Calcium/Magnesium, Co-Enzyme Q10
HEARTBURN:	Aloe Vera Juice, Pancreatin
HEMORRHOIDS:	Sonne's # 7 & #9, Calcium/Magnesium
HEPATITIS:	Milk Thistle, Liver Guard
HERPES:	Aloe vera Beverage, L-Lysine, B1
HEART:	Heart glandular, Astragalus, Km
HIGH BLOOD PRE:	Calcium/Magnesium, L-Carnitine
HYPERTHYROIDISM:	Thyroid Glandular, Beta Carotene
IMMUNE STIMULATE: Arco	Immune Pak, Astragalus, DMG, ThymoPlus, Shii Lem, Pau D'
IMPOTENCE:	Zinc
INDIGESTION:	Magnesium, Comfrey/Pepsin
INTESTINAL CARE:	Jarro-dophilus, Beet Fiber, Psyllium Husk, Fenugreek
KIDNEY:	Kidney Glandular, Astragalus, Cranberry, Willard's Water
LIVER FUNCTIONS:	Milk Thistle, Liver Guard, Liver Glandular, Choline
LOWER INTESTINES:	Cascara Bark, Goldenseal
LUNG INFECTIONS:	Lung Glandular, Fenugreek
LYME DISEASE:	Chlorophyll, Kyolic, Germanium, Kelp
LYMPHATIC CLEANSER:	Echinacea
MENIERE'S SYNDROME:	Manganese
MENOPAUSE:	Selenium, Lecithin, GLA-125
MONONUCLEOSIS:	Germanium, Jarro-Dophilus

AIDS PREVENTION TEAM

YEAST INFECTIONS:

Yeast Fighters, Capri-Gar, Garlic, Pao D'Arco

IMMUNITY ENHANCING DIET

CEREALS	Whole Grain Cereals, Bread, Muffins, Brown Rice, Wild, Saw Seed, Wild Rice
VEGETABLES	Raw, Steamed, or Baked Potatoes
FRUIT	Boiled, Not Water, Baked or Steamed
FRUITS	Boiled, Not Water, Baked or Steamed
EGGS	Hard-boiled Eggs
OLIVE	Extra Virgin Olive Oil
DRINKS	Hot Tea, Pao D'Arco 1/2 glass or more water
SPROUTS	Pea, Lent, Mung & all others

FOODS TO AVOID WHICH CAN SUPPRESS IMMUNITY

Alcohol	White Sugar	Roasted Nuts, Peanuts	Caffeine
Fried Foods	Margarine Ice Cream	White Sugar	Artificially Flavored
			Synthetic Flavors
			Chemicals, Additives, Preservatives

AIDS PREVENTION TEAM

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LOS ANGELES CA 90019
(213)-964-7820

IMMUNITY ENHANCING DIET

GRAINS:	Whole Grain Cereals, Bread, Muffins, Brown Rice, Millet, Raw Seed, Wild Rice
VEGETABLE:	Raw, Stir-Fried, or Steamed, Baked Potatoes
FISH:	Fresh Salt Water, baked or Broiled
FRUITS:	Fresh Salt Water, Baked or Broiled
EGGS:	Poached Soft Boiled
OILS:	Cold-Pressed Safflower & Olive
DRINKS:	Herb Teas, Pure Water (1/2 glass an hour when possible)
SPROUTS:	Pea, Lentil, Mung and all others

FOODS TO AVOID WHICH CAN SUPPRESS IMMUNITY!

Alcohol	White Flour	Roasted Nuts, Peanuts	Caffeine
Fried Foods	Margarine	Ice Cream	White Sugar
			Smoke Meats
		Smoke Fish	
	Chemicals, Additives, Preservatives		

FOODS TO BOOST IMMUNITY

VITAMIN A- Surgery, Stress

Carrots
Sweet Potatoes

Cantaloupe
Apricots (2-3)

Spinach (Raw)
Broccoli

VITAMIN B1- Appetite regulation, HC 1 production

Peas
Lima Beans
Cauliflower

Corn
Potatoes

Asparagus

VITAMIN B2- Mucous membranes to protect against infection

Broccoli
Spinach

Brussels Sprouts
Peas

Asparagus
Corn

VITAMIN B12- May regulate T helper and suppressor cells & stimulate immunity.

cheese
Milk

Fish
Eggs

FOLIC ACID- Enhances immunity

Milk
Oysters

Green Leafy Vegetables
Salmon

Brewer's Yeast
Tuna

PANTOTHENIC ACID- Enhances immunity

Brewer's Yeast
salmon

Legumes
Whole Grains

Mushrooms

VITAMIN C-May reduce viruses

Strawberries
Sprouts

Green Peppers
Cauliflower

Broccoli
Spinach (raw)

VITAMIN D-Too much may suppress immunity; need for immune response. Do not take as supplement if you have low immunity. Use foods moderately.

Sunlight
Egg Yolk

Organ Meats
Fish

VITAMIN E-Stimulates immunity, protects against infection (with selenium).

Eggs
Vegetable Oils

Dark Green Vegetables
Oatmeal

Tomatoes

COPPER - Deficiency may lower resistance to infection

Oysters
Nuts

Legumes (beans, peas, lentils)
Raisins

IRON - Too much or too little may suppress immunity. Get from food first , do take supplement until you check blood levels.

Spinach (raw)
Brussels Sprouts
Broccoli

Lima Beans
Artichokes

Peas

SELENIUM- Promotes immunity with vitamin E

Butter
Asparagus

Apple cider vinegar
Fish

Garlic
Legumes

ZINC- Stimulates T cell immunity

Brewer's Yeast
Sunflower Seeds

Liver
Spinach (raw)

Seafood
Soybeans

NEW BODY PRODUCTS
VITAMIN AND MINERAL CONTENT

Alfalfa- Vitamins A, B2, B3, B6, B12, C, D, E, G, K, and U.
Aluminum, calcium, chlorine, flourine, iron, magnesium,
phosphorus, potassium, silicon, sodium, sulfur and trace minerls.

Algorrobo Beans- Protein.

Aloe Vera Resin- Calcium, potassium, sodium, manganese, magnesium,
iron, lecithin and zinc.

Barley- Vitamin B-Complex, Iron, zinc, chromium.

Barberry Bark- Vitamin C, Iron, manganese, and phosphorus.

Bayberry Bark- Vitamin C.

Bee Pollen- Vitamins A, B-Complex, C, D, E, Lecithin, 35% protein
(amino acids)

Black Cohosh- Vitamins A, B5, Inositol, Silicon, phosphorus,
calcium, potassium, magnesium and iron.

Black Walnut- Vitamins B15, Manganese, magnesium, silica,
protein, calcium, phosphorus, iron and potassium.

Burdock- Vitamins A, B-Complex, C, E, PABA, AND P, Iron, sulphur,
silicon, copper, iodine, zinc.

Camomile- Vitamin A. Calcium, manganese, magnesium, potassium,
iron and zinc.

Capsicum- Vitamins A, C, and B-Complex, Iron, calcium, magnesium,
phosphorus, sulphur, chlorine and borine.

Cascara Sagrada- B-Complex, Calcium, potassium, manganese,
tin strontium, and aluminum.

Catnip- Vitamins A, B-Complex, and C, Magnesium, manganese,
phosphorus, sodium, and sulphur.

Chaparral- Protein, potassium, sodium, silicon, tin, aluminum, sulphur, chlorine and borine.

Chickweed- Vitamins C, D, B-Complex, Iron, copper, calcium, sodium, manganese, phosphorus and zinc.

Comfrey- Vitamins A and C. Calcium, potassium, phosphorus, protein and 18 amino acids

Dandelion- Vitamins A, B, C, and E, protein, potassium, calcium, sodium, phosphorus, nickel, cobalt, tin, copper and zinc.

Eyebright- Vitamins A, B-Complex, C, D, E, iron, silicon, iodine, copper, and zinc.

Fennel- Potassium, sulphur and sodium.

Fenugreek- Vitamins A, B1, B2, B3, choline and D, protein, lecithin and iron.

Garlic- Vitamins A, B, and C, selenium, sulphur, calcium, manganese, copper, iron, potassium, and zinc,

Ginger- Vitamins A, B-Complex, and C, protein, calcium, phosphorus, iron, sodium, potassium, and magnesium.

Ginseng Korean- Vitamins A, B-Complex, B12, and E, calcium, iron, phosphorus, sodium silicon, potassium, manganese, magnesium, sulphur, and tin.

Ginseng Siberian- Vitamins A, B1 B2, B3, B12 and E, Calcium, iron, phosphorus, sodium, silicon, potassium, manganese, magnesium, sulphur and tin

Golden Seal- Vitamins A, B-Complex, E, and F, calcium, copper, potassium, phosphorus, manganese, iron, zinc and sodium.

Gotu Kola- Vitamins A, B, E, G, K, magnesium

Hawthorn Berries- Vitamins B-Complex, and C, sodium, silicon, phosphorus, iron, zinc, sulphur, nickel, tin, aluminum, and beryllium.

Hops- Vitamins B-Complex, magnesium, zinc, copper, iodine, manganese, iron, sodium, lead, flourine and chlorine.

Horehound- Vitamins A, E, C, F, and B-Complex, iron, potassium and sulphur.

Horsetail- Vitamins B5 , PABA, and E, silicon, selenium, copper, manganese, sodium, cobalt, iron and iodine.

Irish Moss- Vitamins B-Complex, C, and D, calcium, sodium, manganese, phosphorus, and zinc,.

Kelp- Vitamins A, B1,B3, B12, C, E, G, S, calcium, chlorine, copper, iodine, iron, lithium, manganese, magnesium, phosphorus, potassium, selenium, silicon, sodium, sulfur, zinc, and trace minerals.

Licorice Root- Vitamins B-Complex, Biotin, B3, B5, and E, Phosphorus, lecithin, manganese, iodine, chromium, and zinc.

Mullein- Vitamins A, B-Complex, and D, iron, magnesium, potassium and sulphur.

Maize- Vitamins A, E, F, Phosphorus

Marshmallow- Vitamins A, B5, and B-Complex, calcium, zinc, iron, sodium and iodine.

Nettles- Vitamins A, C, D, E, F, and P, chlorophyll, iron, silicon, potassium, protein, calcium, sulphur, sodium, copper, manganese, chromium and zinc.

Oaks- Vitamin B-Complex, protein, phosphorus, iron, zinc, cobalt, chromium, silicon, manganese, magnesium.

Parsley- Vitamins, A, B, B1 B2, and C, iron, , potassium, chlorophyll, sodium, calcium, sulphur, cobalt, copper, silicon.

Pau D Arco-iron.

Peppermint- Vitamins A, B3, and C, magnesium, potassium, copper, iodine, silicon, iron, and sulphur.

Pennyroyal- Lead and sodium.

Plaintain- Vitamins C, K, and T, calcium, potassium, sulphur, and trace minerals.

Raspberry- Vitamins A, C, D, E, G, F, B, iron, phosphorus, manganese and calcium.

Red Clover- Vitamins A, B-Complex, C, F, and P, iron, selenium, cobalt, mickel, manganese, sodium, tin, magnesium, calcium, and copper.

Rice- Vitamins B-Complex, B1, B3, B13, protein, magnesium, nanganese, copper, sulphur.

Rose Hips- Vitamins A, E, C, D, B-Complex, P, and rutin, iron, calcium, sodium, potassium, sulphur, silica and niacin.

Rosemary- Vitamins A and C. Calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc.

Rye- Vitamin B-Complex, iron, phosphorus, zinc, cobalt, chromium, silicon, manganese, magnesium.

Sage- Vitamins A, B-Complex, and C, calcium, potassium, sulphur, sulphur, silicon, phosphorus and sodium

Sarsparilla- Vitamins A, B-Complex, C, and D, iron, manganese, sodium, silicon, sulphur, copper, zinc, and iodine.

Saw Palmetto- Vitamin A

Shave Grass- Vitamins B5, PABA, and E, selenium, copper, manganese, sodium, cobalt, iron, and iodine

Skullcap- Vitamins C and E, iron, zinc, calcium, potassium and magnesium.

Slippery Elm- Vitamins E, F, K, and P, iron, sodium, calcium, selenium, iodine, copper, zinc, potassium and phosphorus.

Soy Bean- Vitamins B-Complex, F, K, sulphur, magnesium, manganese.

Thyme- Vitamins B-Complex, C and D, iodine, sodium, silicon, and sulphur.

Valerian- Magnesium, potassium, copper, lead, and zinc.

Wheat- Vitamins B-Complex, E, phosphorus, potassium, magnesium, iron, zinc, selenium, manganese, copper, cobalt, chromium, silicon.

White Oak Bark- Vitamin B12, calcium, phosphorus, potassium, iodine, sulphur, iron, sodium, cobalt, lead, stontium, and tin.

Wood Betony- Magnesium, manganese, and phosphorus.

Wormwood- Vitamins B-Complex , and C, manganese, calcium, potassium, sodium, cobalt, and tin.

Yarrow- Vitamins A, C, E, F, K, manganese, copper, potassium, iron, iodine.

Sinusitis

Leslie Hanna

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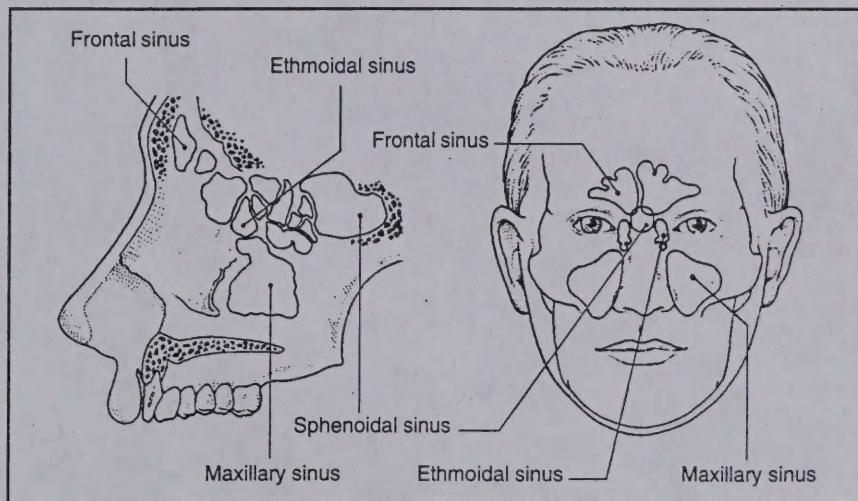
Fever, facial pain, nasal discharge, postnasal drainage, headache and congestion: especially during the winter months, these symptoms of sinusitis are perhaps all too familiar. Although intermittent sniffing and fishing through pockets in search of a tissue may seem to be simple, inescapable seasonal rituals, these common, nonspecific signs may actually signify a variety of conditions that warrant equally various treatment approaches. But what differentiates a "common cold" from other conditions such as an allergic reaction, or the more serious infection known as sinusitis, all of which can cause similar symptoms?

Sinusitis is generally manageable in HIV negative and HIV positive individuals alike. In HIV positive persons, especially those with advanced HIV disease, the management of sinusitis may be more difficult. Sinusitis is more likely to become chronic; serious, even life-threatening complications may arise. What should persons with HIV know about pathology and treatments? This article will address these questions and related issues.

The Paranasal Sinuses

The paranasal sinuses are air spaces or cavities within the skull, or facial skeleton. Lined with a special tissue called ciliated respiratory epithelium, the paranasal sinuses drain through tiny passageways into the nasal cavity (nose).

The ciliated epithelium lies on top of a mucous membrane in the paranasal sinuses and is continuous with the membrane of the nose. The mucous membrane is well supplied with blood and mucous-secreting goblet cells that normally keep the membranes very moist. By warming and hydrating air as it is inhaled, the mucous membranes help protect the lungs. In addition, the mucus covering the membrane captures small inhaled particles, which the cilia (hair-like projections) move toward the back of the throat, where the entrapped material may be coughed out or swallowed.



Four individual sinuses collectively compose the paranasal sinuses, named for the skull bones that contain them. The frontal sinuses are located approximately above the eyebrows. The maxillary sinuses, the largest, extend from the eye orbit (the bony cavity where the eye is located) on both sides of the nose to the upper jaw. The sphenoidal sinuses are in the sphenoid bone, somewhat below and behind the eye orbits, toward the base of the skull. The ethmoidal sinuses are in front of and below the sphenoidal sinuses, flanking the nose.

One or multiple sinuses may be the site(s) of infection. The most common

sites of infection are the maxillary sinuses, followed in descending order of frequency by the ethmoid, frontal and sphenoidal sinuses.

Mechanisms of Infection

Sinusitis is an upper respiratory tract infection (URI), usually bacterial, of the paranasal sinuses that often develops secondarily, after an allergic reaction or primary viral URI. Allergies or common respiratory infections such as colds inflame the mucous membranes of the

nasal cavity; blood vessels enlarge, causing membranes to swell and mucous secretion to increase. The resulting congestion makes breathing difficult and causes a "runny nose." Since the membrane lining the nose is continuous with the membrane of the sinuses, infection spreads fairly easily from the nasal cavity into the paranasal sinuses. In approximately 20% of cases of

bacterial sinusitis, rhinovirus (which causes the common cold), adenoviruses (which cause various respiratory infections) and influenza viruses can also be recovered. (For more information on bacteria and other pathogens that cause HIV-related sinusitis, see the charts on page 41.) When the tiny interconnecting passageways that normally allow the sinuses to drain into the nose become blocked, mucus and debris become trapped in the sinuses, creating an ideal environment for the development of secondary bacterial sinusitis.

Impaired immune defenses contribute to the development of sinusitis. Nor-

mal mechanical immune functions such as mucous secretion or ciliary action may be disrupted. Levels of immunoglobulin A (IgA), an infection-fighting antibody that protects mucosal surfaces, may be reduced in respiratory secretions. Levels of bloodborne infection-fighting white blood cells such as phagocytes, which consume and destroy antigens, may be altered.

URI, Acute and Chronic Sinusitis

Usually, people with acute sinusitis have had either a recent viral URI or an allergic reaction that caused mucosal inflammation and irritation (rhinitis). One simple approach to differentiating between a primary URI and secondary sinusitis relates to the duration of symptoms; respiratory symptoms that continue without improvement after 10 days suggest possible secondary bacterial infection. What about differentiating between acute and chronic sinusitis? While that distinction can be difficult to make, symptoms that continue after 30 days suggest chronic rather than acute sinusitis. Another definition for chronic sinusitis is the persistence of signs and symptoms despite 4-6 weeks of antibiotic treatment; especially in a person with HIV, this condition is likely to involve different bacteria and a different type of mucosal inflammation than acute sinusitis.

Symptoms and Diagnosis

The signs and symptoms of acute and chronic sinusitis differ slightly. Signs and symptoms of "acute purulent" sinusitis include nasal congestion, purulent (characterized by pus) nasal discharge and often fever. Facial pain often increases when bending or stooping forward, and in severe cases may increase with nearly any movement. Pain and tenderness can be focused in different regions around the face and head; an individual's perception of the focus of pain may suggest which of the sinuses are infected. For example, si-

nusitis pain that occurs primarily around the mouth, cheeks and upper teeth suggests maxillary sinus infection. Sphenoid sinusitis causes sensations of generalized facial pain, and pain behind and between the eyes; people with sphenoid sinusitis sometimes report that their eyes are sensitive to light and watery, or teary. Ethmoid sinusitis causes pain that is perceived as close to or behind the nose, especially the upper nose, and headache that may be perceived as continuing inward from the temples to the region behind the eyes.

The symptoms of chronic sinusitis may be fewer and milder or blunted, compared with those of acute sinusitis. Chronic sinusitis involves nasal congestion and discharge, intermittent pain (patients may report vague "pressure" rather than sharp pain), but rarely fever. Postnasal drip often causes a chronic, nonproductive cough. People with chronic sinusitis often have a history of allergies, and an estimated 25% of those with chronic maxillary sinusitis have an underlying dental infection. *Staphylococcus aureus* and gram-negative bacteria often factor in chronic sinusitis. Evaluation of a person with chronic sinusitis should include routine sinus x-rays, computed tomography (CT scan) and tests for granulomatous disease, ciliary dysfunction and hypogammaglobulinemia (depressed levels of serum antibodies, associated with immunodeficiency).

Diagnosis of sinusitis is usually based on signs and symptoms rather than on laboratory tests and data. Cultures are not routinely made, since the relative inaccessibility of the paranasal sinuses makes taking specimens difficult. Over the past several years, however, standard office nasal endoscopy (use of an instrument that allows the examination of the interior of a canal or passageway) has become one of the most valuable tools for diagnosing sinusitis, especially in HIV positive persons. The areas of drainage for most of the sinuses are accessible by this method, and cultures made from these "sinus outflow areas" provide good bacteriologic information on the sinuses themselves. Other helpful diagnostic tools include radiographs (x-rays) to confirm actual cases and to help identify the cause(s) of recurrent or chronic sinusitis, CT scans and magnet-

ic resonance imaging (MRI) to help determine bone and fungal involvement or tumors.

Other Causes

In addition to a previous URI or allergic reaction, anything that blocks drainage of the sinuses may also promote their infection: nasal polyps (growths), a deviated septum (malformation of the thin wall that separates the 2 nasal cavities) or adenoids (enlarged tonsils or lymph glands located near the nasal and paranasal cavities). Other possible causes of sinusitis include cigarette smoking, intranasal cocaine use, overuse of decongestants or nasal sprays, rapid changes in altitude (airplane travel) or pressure (deep sea diving) and other medical conditions, such as cystic fibrosis. Persons with URI or allergies who must travel by airplane are advised to take a decongestant one hour before departure to avoid pressure change-related sinus inflammation and irritation.

Nosocomial sinusitis, or infection that is acquired in the hospital (usually the intensive care unit) while the person is being treated for another, unrelated condition, usually results from the prolonged use (greater than 48 hours) of tubes in the nose or through the mouth, e.g., for feeding. Patients become colonized with organisms present in the environment. Since tubes are used only when deemed necessary, little can be done except to remove the tubes and treat the patient with decongestants and the appropriate antibiotics.

Complications

Life-threatening complications of sinusitis have been infrequent since the development of antibiotics. Still, serious complications occasionally occur. Osteomyelitis (bone infection) of the frontal bones sometimes follows frontal sinusitis; it is more common in children. Pott's puffy tumor is another bone condition that may follow sinusitis. Generally, the organism that caused the si-

nusitis also causes the following disease, with a few exceptions. For example, *S. aureus* tends to be found more commonly in later-developing osteomyelitis than in the preceding bout of sinusitis. Antibiotic treatment is usually required, and a CT scan to rule out brain involvement is recommended.

Since the paranasal sinuses nearly surround the eye socket, orbital involvement sometimes results. Swelling of the eyelids and interference with eye movement may indicate orbital involvement in people who are feverish and, generally, very ill. Pressure on the optic nerve can lead to irreversible vision loss. A thorough clinical evaluation and antibiotic treatment are essential if any of these symptoms are present.

Central nervous system involvement may also follow sinusitis, causing a variety of conditions including brain abscesses and meningitis. Headache, subtle personality changes, alterations of consciousness (caused by increased pressure) and/or visual symptoms may indicate neural involvement, which can lead to seizures, coma and death. Such serious complications necessitate high-dose antibiotic therapy and, often, surgery.

HIV-Specific Considerations

Sinusitis is a common bacterial infection in people with HIV. Actual incidence rates are unknown, but estimates range from 10-16% of people with AIDS in retrospective studies, and up to 70% in prospective studies. HIV-infected children, especially those with hypogammaglobulinemia, appear particularly susceptible to sinusitis. People with fewer than 200 CD4 cells/mm³ are most likely to develop sinusitis. As HIV-related immunosuppression increases, cases of sinusitis are more likely to become severe, difficult to treat and chronic. In people with low CD4 cell levels, sinusitis is more likely to involve multiple (rather than single) sinuses and to fail to respond to antibiotic treatment. Thus, chronic management often becomes the critical issue in the context of HIV.

HIV-infected people are at increased risk for bacterial infection, due to HIV-

related impaired humoral immunity. Impaired humoral immunity has itself been linked to sinus infection, regardless of HIV serostatus. Persons with HIV who have a history of previous sinus problems, lower respiratory infections (bronchitis, bacterial pneumonia), allergy and even dental infections should report these to their healthcare providers, since their history puts them at additional risk for sinusitis.

Most sinusitis as well as pneumonia are bacterial infections associated in the context of HIV with community-acquired organisms such as *Streptococcus pneumoniae*, *Haemophilus influenzae*, *Moraxella catarrhalis* and *Mycoplasma pneumoniae*. Coagulase positive as well as negative staphylococcus organisms also are seen in people with AIDS. The bacterial pathogens most frequently implicated in HIV-related sinusitis are *Streptococcus pneumoniae* and *Hemophilus influenzae*. Viruses, such as adenovirus or influenzavirus, often the cause of a preceding URI, are also frequently present. Anaerobic bacteria and recently, increasingly, *Pseudomonas aeruginosa* have been implicated as pathogens in sinusitis in people with HIV. See the charts of pathogens for details.

Sinusitis also may signal the presence of another, more serious condition such as the fungal infection aspergillosis. While fungal infections occasionally cause sinusitis in HIV negative persons, the risk is higher for people with HIV. Fungal sinusitis can be allergic or invasive. Aspergillosis in particular, when infecting the lung, may cause sinusitis, in addition to serious bone or central nervous system complications. Candidiasis also may be involved in chronic sinusitis. Although *Candida albicans* is extremely common in the oral cavities and throats of people with AIDS, it does not often cause sinusitis.

Although fungal sinusitis is relatively uncommon, the incidence appears to be increasing. Heightened awareness on the part of physicians of the possibility of sinusitis among their HIV positive patients and increasing use of nasal endoscopy both result in more diagnoses. Sinusitis expert Thomas Tami, MD, Associate Professor in the Department of Otolaryngology-Head and Neck Surgery at the University of Cincinnati,

Unusual pathogens causing chronic sinusitis in HIV disease

Pseudallesheria boydii (Sooy, 1987)
Alternaria alternata (Wiest, 1987)
Aspergillus (Carranza, 1987)
Cryptococcus (Choi, 1988)
Candida (Colmenero, 1990)
Acanthamoeba (Gonzales, 1986)
Legionella pneumophillia (Schlanger, 1984)
Cytomegalovirus (Brillhart, 1991)
Zygomycosis (Blatt, 1991)

Bacteriology of HIV-related sinusitis [from Godofsky]

Based on 11 positive cultures from 18 patients

- 7—*Staphylococcus epidermidis*
- 3—*Pseudomonas aeruginosa*
- 2—*Streptococcus viridans*
- 1—*Streptococcus pneumoniae*
- 1—*Aspergillus fumigatus*
- 1—Cytomegalovirus

Bacteriology of HIV-related sinusitis (endoscopic cultures) [from Tami]

Based on 11 positive cultures from 14 patients

- 5—Coagulase negative *Staphylococcus*
- 2—*Pseudomonas aeruginosa*
- 2—*Streptococcus pneumoniae*
- 2—*Streptococcus* (other)
- 1—*Staphylococcus aureus*
- 1—*Enterobacter*
- 1—*Klebsiella pneumonia*
- 1—*Aspergillus fumigatus*

told BETA that he attributes the increase he has seen in aggressive fungal sinusitis to neutropenia (low levels of infection-fighting white blood cells). Neutropenia in any population, regardless of HIV serostatus, is a very high risk factor for invasive fungal infections. Patients with fungal sinusitis usually also have very advanced HIV disease and immunosuppression, and have been taking antivirals, antibiotics and other medications for extended periods. It is not surprising to see neutropenia in this group of long-term survivors, Tami notes, adding that formal studies have not yet been conducted to test these observations.

These patients with fungal sinusitis are generally very symptomatic, but CT scans reveal relatively little about fungal pathogens. Therefore, Tami states, an HIV positive person with advanced HIV disease who has severe, unremitting pain that is disproportionate to the clinical and radiographic findings would immediately prompt him to consider and evaluate for fungal sinusitis using endoscopy and culture.

Another factor contributing to chronic sinusitis in people with HIV may be the "hyperallergic" state associated with immune dysregulation in some individuals. Elevated levels of immunoglobulin E (IgE) reflect this hyperallergic state. People who have lower CD4 cell levels and high serum IgE levels, which appear to increase with progression of HIV disease, are at greater risk for chronic sinusitis that is related to allergy rather than to bacterial infection.

HIV-Related Clinical Presentation and Evaluation

The signs and symptoms of sinusitis in HIV positive people are similar to those in HIV negative people. However, chronic sinusitis in people with HIV may be less symptomatic than in HIV negative people. Also, concomitant infections in people with HIV sometimes mask chronic sinusitis. *Sinusitis should be considered in the differential diagnosis of HIV positive individuals with low CD4 cell counts who have fever and/or headache.* Uncommon presentations, including

pulmonary signs and sepsis (the presence of pathogens in the blood), have been reported, but are rare.

CT scans and MRI are considered more helpful in diagnosing sinusitis in HIV-infected people than in HIV-uninfected people, since radiographs often miss the posterior sinus involvement that occurs more frequently in people with HIV. Similarly, microbiologic diagnosis may be more useful in diagnosing sinusitis in people with HIV. Again, nasal endoscopy has emerged as an essential tool for diagnosing sinusitis among persons with HIV, as well. Tami recommends nasal endoscopic evaluation of the middle meatus and sphenoid recess for both diagnosis and follow-up.

There have been suggestions that taking trimethoprim/sulfamethoxazole (TMP/SMX; Bactrim, Septra) for PCP prophylaxis reduces the incidence of sinusitis, but no prospective studies have tested this observation. Individuals with later-stage HIV disease may be taking various potent medications, including antibiotics, which make oral and respiratory flora more resistant to standard antibiotics. Such persons are at relatively high risk of having unusual pathogens such as *Pseudomonas aeruginosa*, which is known to colonize people with AIDS. Again, microbiologic diagnosis is helpful in devising the most appropriate treatment regimen.

Treatment

Treatment regimens vary somewhat, depending on whether sinusitis is acute or chronic. Treatment for acute sinusitis usually involves antibiotic therapy; regimens are generally the same for HIV negative and HIV positive persons. Treatment for chronic sinusitis for a person with HIV is somewhat more specialized, and depends on several factors, such as the severity of the condition, whether recurrence is due to antibiotic resistance, whether another opportunistic pathogen is involved, etc.

Acute Sinusitis

Again, acute sinusitis is a secondary bacterial infection that follows a prima-

ry viral URI. Antibiotic treatment is appropriate for the bacterial sinusitis but not for the viral condition; thus, optimal treatment requires accurate diagnosis of acute sinusitis.

Treatment of acute sinusitis is aimed at promoting proper drainage and decreasing nasal swelling. Decongestants are helpful adjuncts to antibiotic treatment. Nasal swelling may be decreased by using topical nasal sprays such as oxymetazolin that constrict blood vessels. Their use should be restricted to the first 4-5 days of antibiotic therapy to avoid a rebound effect of worsened congestion. Systemic agents such as pseudoephedrine or phenylpropanolamine are considered very helpful.

Adequate hydration helps thin mucous secretions, which aids in drainage. Inhaling steam from a basin of hot water or cool-mist humidifier or while taking a shower helps loosen mucus. Oral antihistamines are not helpful, since they thicken material in the sinuses. Guaifenesin (e.g., Humibid LA) helps to thin mucus; Tami recommends relatively high-dose guaifenesin equal to 1,200 mg every 12 hours. Mild analgesics like aspirin or Tylenol and heat may relieve discomfort.

Antibiotic treatment is often needed and, reportedly, usually at least partially effective. In the seminal sinusitis study by Godofsky, 79% of participants had at least a partial response, meaning documented full or partial resolution of signs and symptoms. Purulent nasal discharge and fever indicate antibiotic treatment, which often lasts 2-4 weeks. Common antibiotics for primary therapy include amoxicillin and TMP/SMX; amoxicillin-clavulanate (Augmentin) or an oral cephalosporin are preferred. Cefuroxime axetil (Ceftin) or cefpodoxime (Vantin) also are considered very good treatments for HIV-related sinusitis. If acute sinusitis fails to clear after 2-4 weeks, the patient should be re-evaluated and referred to an otolaryngologist (an ear, nose and throat specialist, or ENT).

If sinusitis develops in the intensive care unit, nasal tubes should be removed if possible and antibiotics administered, usually oxacillin or vancomycin, as well as a third-generation cephalosporin or sulbactam-ampicillin. An attempt to

culture the sinus drainage is always helpful in determining the appropriate antibiotics.

Chronic Sinusitis

Research data suggests that severe chronic sinusitis is almost exclusive to those with severe immunosuppression. Since unusual pathogens may be involved, particularly *Pseudomonas*, Tami suggests covering all the bacteriologic bases by using combination antibiotic therapy with ciprofloxacin and clindamycin. Standard nasal endoscopy and culture are recommended.

Tami described a typical case: a frustrated infectious disease or primary care doctor refers to an otolaryngologist a patient with a low CD4 cell count who has failed on several courses of standard sinusitis therapy. After first performing an endoscopy and culture, Tami recommends beginning empiric treatment with combination clindamycin and ciprofloxacin. These drugs will kill *Pseudomonas*, *Staphylococcus* and most possible pathogens. If the culture results are negative, Tami suggests keeping the patient on the combination because it usually resolves symptoms; if a positive culture result is returned, there may be evidence suggesting the use of other, more appropriate drugs. Although the combination tends to cause diarrhea, Tami recommends it for its extreme anti-sinusitis potency.

Chronic, persistent sinusitis due to allergy may require identification and elimination of allergens, which are often in food or airborne (e.g., hayfever). Local applications of heat to the area of the face over the sinuses are often helpful.

Intranasal steroids are a very useful and non-antimicrobial method for managing chronic sinusitis, decreasing chronic inflammation and reducing mucosal swelling. Antibiotics should be used only when infection is also present. Some theoretical concern over the use of intranasal steroids in immunocompromised people exists, due to the local immunosuppressive effect of steroids, which may cause a subsequent local proliferation of fungi. Still, Tami considers the risks low and the use of intranasal steroids in people with HIV "very safe."

Chronic fungal sinusitis usually responds to treatment with an antifungal agent aimed at the causative organism or with intravenous amphotericin B. Allergic fungal sinusitis is treated symptomatically, often with glucocorticoids. In the rare case of candidiasis-related sinusitis, treatment for candidiasis should alleviate the sinusitis.

Another experimental treatment is the administration of intravenous gamma globulin (IgG), a concentrated solution of antibodies, in an attempt to counterbalance deficits in humoral immunity.

Occasionally treatment requires endoscopic sinus surgery (ESS) to allow tissue sampling and diagnosis, as well as to remove polyps and establish proper ventilation of infected sinuses. Surgery, which involves widening the passageways for drainage, is an aggressive

Holistic Interventions for Sinusitis

The following information has been excerpted from a "sinusitis homework" sheet that the Immune Enhancement Project in San Francisco provides to their clients with sinusitis. Immune Enhancement Project (415-252-8711) offers alternative treatments including acupuncture, herbal therapy and massage to people with HIV/AIDS.

Mucous membranes are like muscles—they function better when they've been "stretched and exercised." To strengthen mucous membranes and release pressure in the head, perform the following massages 10 times each, 1-3 times a day. The whole procedure should take about 5 minutes.

- 1) Pinch the tip of the nose and move it back and forth.
- 2) Pinch the area between the cartilage and hard bone and move back and forth.
- 3) Push the tip of the nose upward.
- 4) Massage the sore spots on your cheeks. Search for them in the entire zone from the bottom edge of your nose, under and on top of the cheekbones and under, over and on the eye socket.
- 5) Massage the sore spots along the hair line and slightly in back of that. Push toward the face. Notice whether you feel a change in pressure as you would in an airplane.
- 6) Massage behind the muscle that runs from behind your ear diagonally forward to your breast bone. Push or pull forward toward the throat.
- 7) With thumb or index finger, massage the soft palate at the back part of the top of your mouth with a sweeping side to side motion.
- 8) To assist in the drainage of "stuck energy" and fluids from the head, massage the hollows on the sides of the top of your breast bone, the webs of your thumbs and any sore spots along the thumb edge of your wrists.

Things to do once a day or 2-5 times a week during acute phases:

- 1) Apply a paste made with dry ginger and water or pureed lotus root (available at health food or Asian food stores) to the skin over the sinus areas below and above the eye. This will feel very hot, but it does not burn the skin and relieves sinus pressure and dries up congestion.
- 2) Boil water, add 1-2 drops of thyme or eucalyptus essential oil (available at health food stores) to the water, put a dry towel over your head and the pot, and inhale through your nose. Repeat for 4-6 breaths. This opens the passageways, and may help to prevent bacterial complications in your lungs and sinuses. Be cautious at first – it's very strong.
- 3) Lie on your back with your knees up and massage sore spots around your navel, pointing 45 degrees down and under the navel 1-1.5 inches deep.

From *Immune Enhancement Project*, Winter 1995-95.

intervention. Generally regarded as a last resort, surgery is reserved for those who fail antibiotic treatment and especially when sinusitis may involve extra-sinus complications. Surgery does not always effect a "cure," but may provide some symptomatic relief and improve the quality of life for people with late-stage AIDS.

Acupuncture and Herbal Treatments

According to Tom Sinclair, a licensed acupuncturist (LAc) with the Immune Enhancement Project (IEP) in San Francisco, the moderate efficacy of standard Western or allopathic treatments for HIV-related sinusitis have led many people to explore alternative medical approaches. Holistic measures that may help alleviate acute sinusitis include bed rest and drinking lots of fluids such as diluted vegetable juices, soups and herbal teas. Other suggestions include limiting sugar consumption and eliminating common food allergens (milk, wheat, eggs, citrus, corn and peanut butter). Supplementation of vitamins such as C,

and beta carotene has been recommended, along with zinc and bioflavonoids. Goldenseal is regarded as the most effective botanical for acute bacterial sinusitis; it can be taken as a tincture (added to liquid and drunk), as a fluid or powdered solid extract, or as a dried root prepared as a tea. Local alternative treatment recommendations include applying menthol or eucalyptus packs over the sinuses and swabbing nasal passages with oil of bitter orange. Application of hot packs may help, but should be discontinued if pain increases but drainage does not.

One promising alternative approach under formal study is Traditional Chinese Medicine (TCM). According to TCM, sinusitis is one of various "bi-yuan" conditions, which involve nasal discharge and interference with the normal nose/lung connection, the nose being regarded as the opening to the lung. Sinusitis signifies a problem with the flow of energy that moves from and through the lung (Lung Qi). In addition, the independent sinuses are related to other internal organs, which merit evaluation in the event of sinusitis. According to the TCM school of thought, the

large intestine is most frequently implicated as a source of sinusitis-related problems.

To treat sinusitis, TCM uses acupuncture and herbs that dry and move, cleanse, open and circulate the lung energy. TCM also recommends taking vitamin supplements and botanicals such as goldenseal. IEP provides clients with a handout on sinusitis "homework" (see sidebar, previous page).

Sinusitis in the general population has been treated with acupuncture and herbs in the past. Improvement has been anecdotally reported but actual efficacy is unclear. The IEP wrote a protocol for studying acupuncture and herbal treatment for chronic HIV-related sinusitis. Funded by the National Institute of Health, the study is now underway and several participants have been enrolled. The non-blinded study compares TCM with standard Western, allopathic approaches to treating sinusitis by randomizing participants with CT-confirmed sinusitis to receive either acupuncture and herbal treatment or antibiotic and decongestant treatment. Outcome measurements include symptomatic relief and radiographic improvement. Data from this comparative study should provide valuable insights into the role and efficacy of TCM in treating sinusitis.

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Aspergillus Sinusitis in Patients with AIDS: Report of Three Cases and Review

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Invasive aspergillosis is an uncommon but increasingly reported complication of AIDS. Sinusitis, usually bacterial in etiology, is frequently seen among human immunodeficiency virus (HIV)-infected patients. We discuss the cases of three patients with AIDS and invasive aspergillus sinusitis seen at our institutions and those of 15 patients who are described in the literature. Seven of the 18 had brain involvement, 3 had orbital involvement, and 7 had mastoid or other bony disease. Three had evidence of concomitant invasive pulmonary aspergillosis. Of 15 patients with evaluable histories, 11 had recognized risks for invasive aspergillosis: 6 had previous sinusitis, otitis, or polypoid; and 11 had prior conditions indicative of advanced HIV-related disease. Despite aggressive surgical intervention and systemic antifungal therapy, nearly all patients died as a result of aspergillosis.

Infection of the sinuses is an increasingly recognized problem among patients infected with HIV. The incidence of sinusitis among patients with AIDS is reported to be 10%–20% and as high as 68% [1]. Bacterial pathogens that are commonly isolated include *Streptococcus pneumoniae*, *Staphylococcus aureus*, and *Pseudomonas aeruginosa* [1]. *Legionella pneumophila* has also been identified as a causal pathogen [2]. Viral, parasitic, and fungal causes of sinusitis, although still relatively rare, are being reported with increasing frequency. Cytomegalovirus [3], *Microsporidia* species [4], *Acanthamoeba* species [5], *Pseudallescheria boydii* [6], *Schizophyllum commune* [7], *Rhizopus arrhizus* [8] and other Mucoraceae [9], *Candida albicans* [10], *Cryptococcus neoformans* [11], and *Alternaria* species [12] have been reported as causes of sinusitis in patients with AIDS. While bacterial sinusitis may present at any time in the course of HIV infection, fungal sinusitis appears to occur when the CD4 lymphocyte count becomes $<150/\text{mm}^3$ [6].

Invasive aspergillosis is now widely recognized as a serious complication of AIDS, but aspergillus sinusitis in HIV-infected patients is less well described [6, 9, 13–28]. Most cases of aspergillus sinusitis reported have occurred in hosts immunologically compromised by neoplasms, chemotherapy, or transplantation [29]. At least 32 cases of fungal sinusitis have been reported among patients with AIDS; 26 (81%) were caused by *Aspergillus* species. It is the most common fungal infection of the paranasal sinuses [30] among all hosts.

We report here three cases of aspergillus sinusitis in patients with AIDS and review the literature to highlight the increasing

importance of this disease and its potential for invasiveness and mortality.

Patients and Methods

Infectious disease and allergy immunology subspecialty physicians at St. Luke's Roosevelt Hospital Center and other hospitals in the New York City area were surveyed about cases of aspergillus sinusitis among their patients with HIV infection or AIDS. A computer-based (MEDLINE and AIDSLINE) search and manual searches of *Index Medicus* and other English-language literature were performed. Cases were defined as those in which there was clinical or radiographic evidence of sinusitis and in which a culture specimen or a histopathologic specimen from the sinuses, mastoid, or middle ear contained *Aspergillus* organisms. In one case, the diagnosis of aspergillus sinusitis was presumptive and based on the findings of concomitant pseudomembranous tracheobronchitis and hyphae seen in transbronchial specimens, as well as the fact that a previous bronchoscopic specimen had contained *Aspergillus fumigatus* [13]. In a case reported as an abstract, the diagnosis was based on the finding of invasive sinus and orbital disease and the presence of septate hyphae in a sinus biopsy specimen [21]. Eight additional patients were described in case series of sinusitis or in abstracts [9, 23–28]; because limited clinical, histopathologic, and/or microbiologic information was described with regard to the individual patients, they were excluded from analysis.

Case Reports

Case 1

A 35-year-old man with AIDS, a CD4 lymphocyte count of $11/\text{mm}^3$, cervical lymph node tuberculosis, disseminated *Mycobacterium avium* complex and cytomegalovirus infections, candidal esophagitis, a history of smoking and alcohol use, and

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grated garlic
and honey

Blue Green Algae
Tripterigium - wifordii

Echinacea - have doctor to monitor you
Motherwort - mucous - deobstruent
Essiac - burdockroot, turkey rhubarb root
slippery elm bark

Chaparral - Becanek

Pau d'Arco -